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HOT HOLIDAY
CONFESSIONS
(and we're not talking
about the weather!)

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HELD AT
GUNPOINT"**
STORIES FROM
THE SYDNEY SIEGE

backstage
beauty pass
*runway looks
made easy*

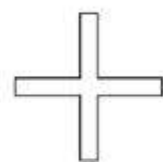
your
9 to 5
style guide
for workwear *wow*

GWYNETH

OPENS UP ON
CHRIS AND HER
CONSCIOUS
UNCOUPLING

the
**trend
edit**

*what we love,
what to try
& what to
buy now*



50
pieces under
\$250



INTRODUCING

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for Women

NEW YORK SYDNEY MELBOURNE BRISBANE LONDON PARIS TOKYO

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THE MASCARA REVOLUTION

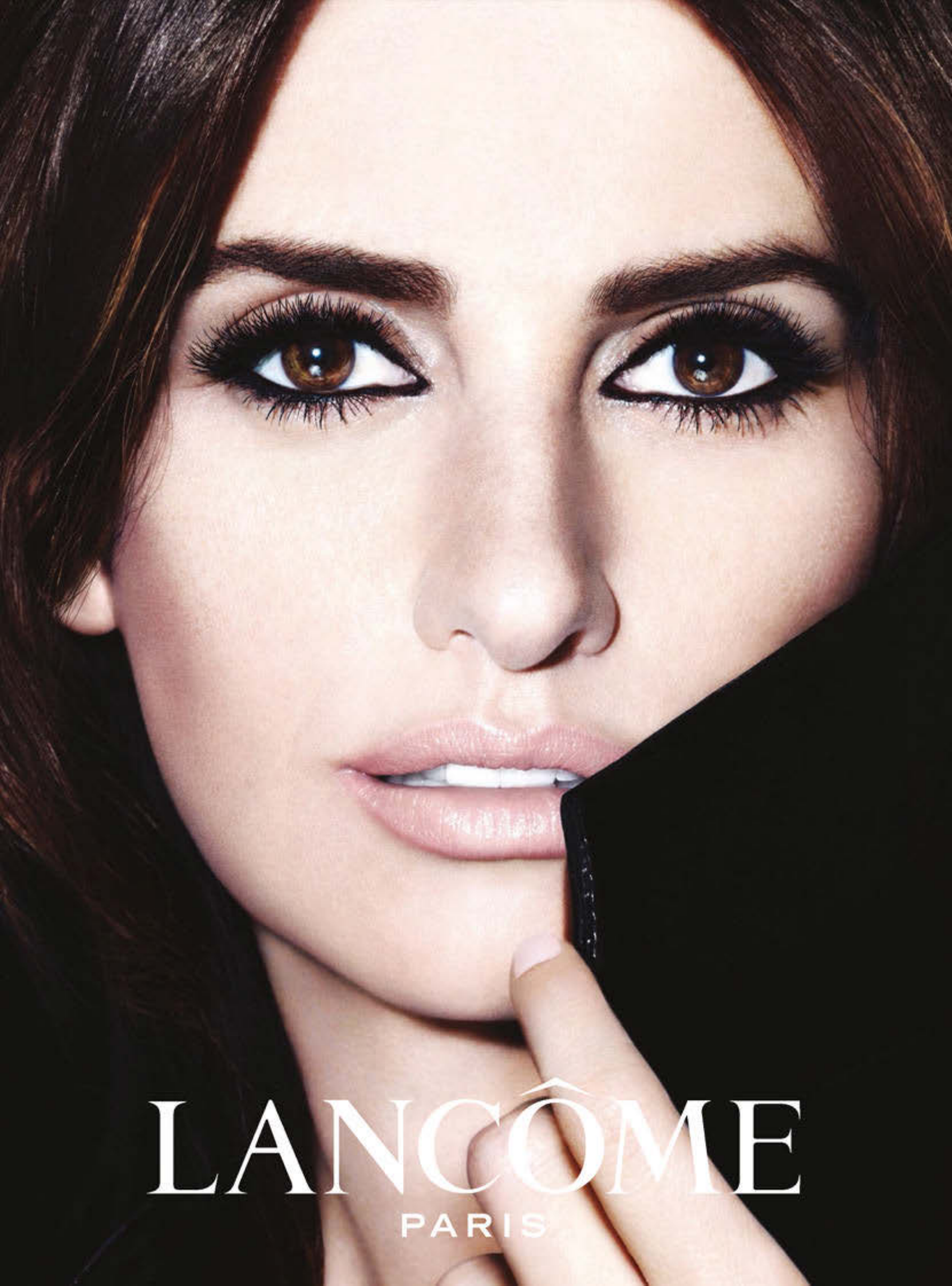
NEW GRANDIÔSE

DIVINE CURL, LENGTH AND VOLUME
COMPLETE THE LOOK WITH ARTLINER 24H

#STARTBENDINGAU



marie claire
PRIX
D'EXCELLENCE
DE LA BEAUTÉ
2015
WINNER



LANCÔME
PARIS



A fashion advertisement featuring a model with long, wavy brown hair and light-colored eyes. She is wearing a Gucci dress with a bold, abstract pattern in shades of brown, gold, and red. The dress has a wide, shaggy fur collar in orange and grey, and a matching fur trim on the sleeves. A thin, braided belt cinches the waist. The background is a plain, light grey. The Gucci logo is prominently displayed at the bottom of the image.

GUCCI

GUCCI.COM

CHANEL









MaxMara

on the cover



page
171
Trade secrets

"I'm always interested to know what the experts really use. Here, they let me peek into their toolkits and learn some of their top tips."
Lucy Adams
beauty editor



page
50
Sydney siege



"A story about a terrorist attack in Australia was something I hoped we would never have to run in *marie claire*. The Lindt cafe siege was such an awful and heartbreaking event, but then to see the city turn out and show such love was incredible."
Daniela Elser
features director



EDITOR'S PICK



page
222
Overhaul your office wardrobe

"Wardrobe full of clothes, but still nothing suitable for work? Well this month, we share with you the five key office silhouettes to build upon. For me, I love this shirt dress – it's so versatile. I can wear it to work meetings during the day as well as evenings out."
Catlyn Mason
market editor

page
96
Gwyneth bares her soul



COVER Photographed by Jan Welters. Re-create Gwyneth's look with make-up by Max Factor. On Face: Skin Luminizer Foundation in Beige; Flawless Perfection Blush in Classic Rose. On eyes: Wild Shadow Pot in Burnt Bark; Liquid Effect Eyeliner Pencil in Black Fire; False Lash Effect Mascara in Black. On lips: Colour Elixir Lipstick in Burnt Caramel. Fragrance note: Hugo Boss Ma Vie EDP.



page
148
Your guide to the latest runway looks

"We've rounded up the best the international runways have to offer – sharing with you the latest and greatest. Personally, I'll be paying most attention to the season's new-mood bohemia and the catwalk's ongoing emphasis on festive florals."
Bree McDonald
junior fashion & news editor



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CLINIQUE

Cate Blanchett

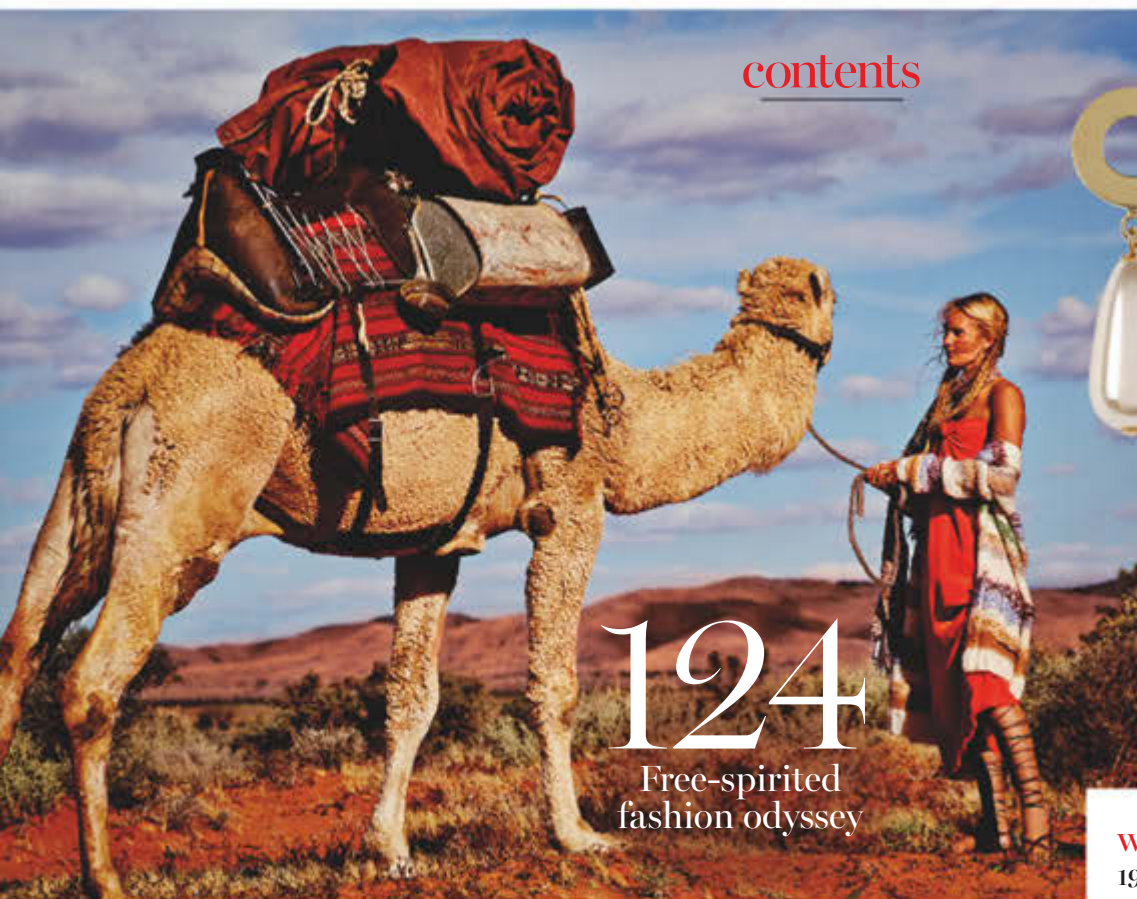
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Si



the eau de parfum



contents

124

Free-spirited
fashion odyssey



24

marie claire
march

features

- 36 **reportage** We celebrate the spontaneity and fun that has made photographer Arthur Elgort's work so iconic
- 46 **frankly speaking with Christian Louboutin** The wildly successful shoe designer on why comfort is overrated
- 60 **vox pop** To celebrate Valentine's Day, we talk to newlyweds at New York's City Hall
- 68 **australian report** Should the child killers responsible for one of Australia's most notorious murders be locked up for life?
- 76 **challenge** What if we stopped doing the things we're expected to do, and only did what we wanted? Our writer finds out

- 82 **fashion report** Louis Vuitton's Nicolas Ghesquière gives *marie claire* an exclusive backstage pass to his Paris show
- 92 **world wrap** Model Jessica Gomes's aid trip to Peru, and why saffron is providing a lifeline to Afghanistan's war widows
- 105 **@play** Movies, music and much more ...
- 247 **life stories** Meryl Streep is adored by fans and the Academy alike. So, just how did she become the most lauded actress of all time?

fashion

- 22 **wish list** Pop culture-inspired trinkets
- 24 **what we're loving** Anjelica Huston's style
- 112 **who's that girl**
- 124 **the wanderer**
- 136 **101 ideas** Find your signature piece this season and work it five different ways
- 143 **what's new**
- 244 **directory**

trend report

- 148 **spring/summer 2015 runway report**
How the international collections have put a fresh spin on fashion classics
- 156 **fashion week diaries** *marie claire* editors take you on a city-by-city catwalk tour
- 160 **best in show** Be inspired by these beauty looks from the international shows

beauty

- 178 **perfect 10** Top products from the 2015 *marie claire* Prix d'Excellence Awards
- 185 **what's new**
- 188 **10 of the best** Glow-getting buys

wellness

- 192 **your best body breakthrough**
Five top tweaks to break your fitness rut
- 194 **build a better brekkie** Your wake up call to more energy *and* your best body
- 196 **what's really eating your energy?**
Work out what's behind that "blah" feeling
- 199 **what's new**

@work special

- 202 **the new guard** Meet inspiring Australian women who are rewriting the script
- 208 **suit up**
- 214 **what are you waiting for?** Leave excuses behind to attain a "kick-arse life"
- 217 **dress code** Real-life workwear wardrobes
- 222 **shape up your wardrobe** Update your work style with five key silhouettes
- 226 **finishing touches** Savvy accessories

lifestyle

- 230 **four of the best** Mexican street foods
- 236 **the fashionable traveller** Luxury hotel suites created by iconic fashion designers
- 242 **lifestyle news**
- 245 **travel news**
- 246 **horoscope**

offers & promotions

- 142 **you're invited to the *marie claire* and James St Up Late event**
- 144 **subscription offer**
- 184 **sign up to receive the autumn edit from The Parcel by *marie claire***
- 198 **vote in the Prix de *marie claire* Awards for your chance to win a \$1000 Myer shopping spree**
- 241 **here & now**



60

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marie claire

Turn to page 144
and subscribe
now to receive
your free
Guerlain gift
valued at \$70.

188

It was a Monday morning, only a week before Christmas. I was in a meeting, completely immersed in magazine world. My PA walked in to wrap it up and said, "Have you heard the news? There's a terrorist in Martin Place." I immediately looked down at my phone's Twitter feed and couldn't believe the initial news reports I was reading: hostages were being held in the Lindt cafe in Sydney's CBD and terrorists were potentially responsible.

It seemed impossible. This was in the heart of Sydney. For me, the location is such familiar territory, as I regularly travel to the Channel Seven building nearby for *Sunrise* appearances. But the images of those men and women with their faces pressed against the windows and the grainy shots of the menacing gunman told a different story. This was real and it was happening here.

Like the rest of Australia, we turned to our TV screens, our newsfeeds and radio stations for the latest updates and watched the horror unfold. We all know the outcome: the siege ending in a burst of gunfire and stun grenades, and the shocking news that two hostages had died.

The reaction from everyday Sydneysiders was unifying. The outpouring of grief for the innocent victims resulted in never-before scenes as people looked for ways to pay tribute. A sea of flowers best symbolised the sadness, while the viral hashtag of #illridewithyou reflected the city's sentiment of hope for the future. It was the very best of the city on display.

Only now, as more of the hostages start to tell their stories are we hearing the details of what occurred inside the cafe during those long hours. In this issue, we bring you not only the story of one of the survivors, but also the experiences of others who played a part in the unfolding tragedy.

This story went global in a matter of minutes, but it has changed our world forever. And while we can never change the past, we have the ability to shape our future. The family of victim Katrina Dawson has set up a foundation to honour the talented barrister, with proceeds focusing on the education of women. If you would like to contribute please visit thekatrinadawsonfoundation.org website for more details. Our hearts go out to all that have been affected by this horrible tragedy.

Jackie
JACKIE FRANK
Publisher/Editor



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More like works of art, these sculptural Tod's cuffs, from \$865 each, are contemporary companions to any outfit. Slip on one wrist or both for impact, either way they'll have you looking chic and unique.



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LANCÔME
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who's who

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The eyes have it with these retro round shades, \$440 each, by Miu Miu at Sunglass Hut. Subtle hues meet traditional (and totally divine) tortoiseshell.

WINNING LETTER

I am a single woman over child-bearing age who enjoyed reading Dolly Alderton's *The Rise Of Single-Shaming* [February]. I didn't find people remarked about children when I was 30-something, although I'm sure many single women do, but in later years I have found the stigmatisation worse. Older women who are single comment that they become isolated as they are excluded from social events they used to attend when they were "attached". Dolly is right in saying that single women should not live their lives in wait of "Mr Right". I am sure that if Mr Right comes along he adds value to our lives, but we are the cake and he is the icing!

Christine Burford,
Kidman Park, SA

Thank you for providing *marie claire* readers with another top issue. I was particularly grateful for the story *Kelli Stapleton Can't Forgive Herself For Trying To Kill Her Daughter - Can You?* [January]. Thank you for bringing awareness to the fact that support is required for families and carers of autistic children to assist in their wellbeing. I have two friends with autistic children and I know they appreciate all the info possible. Your informative, compelling and unbiased

articles help to make the world a better place. Keep up the great work!
Name withheld

The December issue blew my mind. At 28 years old, I am a fiancée and mother living with cancer, nowhere near the end of diagnosis, treatments, operations and endless appointments, but Giuliana Rancic's words [in *Frankly Speaking*] moved me. I can do it! Thank you.
Anita Urban, Prahran, Vic

top tweets

@marieclaireau thank you for your article on #lymedisease this month. This devastating illness needs advocacy & #publichealth awareness.
The Best Medicine
@BestMedicineAu

I took all the credit on Chrissy Day, now I'd better fess up & thank @marieclaireau for the BBQ prawn recipe #awesome
Melissa Doyle @melissadoyle

EVERY SINGLE TIME my @marieclaireau arrives in London, my life is infused with the brilliance & sharpness of Aussie women
Madeline Cruice
@MadelineCruice



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and @jackie_frank
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<CONTACT US AND WIN>

This month's winning letter will receive a Napoleon Perdis prize pack valued at \$457.95. Tweet, Facebook or email us at marieclaire@pacificmags.com.au to be in the running for next month's prize. Emails should include your name, address and phone number.



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ANYA HINDMARCH S/S 2015

WISH LIST

signs of the times

Express yourself with this *cheeky trinket trend* inspired by the digital age

Alison Lou,
\$2660



MC LOVES

Solange
Azagury-
Partridge,
approx
\$2800



Ruifier, approx \$1095 (top),
and, approx \$1020 (above)

Diane Kordas
at Net-a-porter.com,
approx \$2775



Maria Francesca
Pepe, approx
\$125 each



Alison Lou,
\$4235



Wendy
Brandes, \$75



Khai Khai
Jewelry, \$1400



Rosa de la Cruz,
approx \$2230



Noir Jewelry,
\$90

Em John
Jewelry, \$14



Lulu Frost,
\$430



Shelfies,
\$12.49

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SYDNEY - WESTFIELD SYDNEY, QVB, THE STAR;
MELBOURNE - CHADSTONE SHOPPING CENTRE; BRISBANE - QUEENS PLAZA;
SELECTED DAVID JONES STORES FERRAGAMO.COM

Salvatore Ferragamo

1

FIVE OF THE BEST

BIOGRAPHIES OF '70s ICONS

- 1 Anjelica Huston, *A Story Lately Told*
- 2 Patti Smith, *Just Kids*
- 3 Marianne Faithfull, *A Life On Record*
- 4 Grace Coddington, *Grace: A Memoir*
- 5 Susan Sontag, *A Biography*



2



Max Mara's S/S15 show was inspired by the '70s incarnation of Huston's iconic beauty.

5



6



7



WHAT WE'RE LOVING

anjelica huston

With the screen star as our honorary muse, we are adoring *fashion's current mood* – channelling the *eccentricity of the 1970s*

Below: from a retrospective of photographic works by Bob Richardson (yes, he's Terry's dad), come these candid shots of the fashion doyenne.



4



8



9



10



11



- 1 Adorne, \$39.95. 2 Lee Mathews, \$349.
- 3 Givenchy, \$600. 4 *Watch Me* by Anjelica Huston (Simon & Schuster, \$39), and *A Story Lately Told* by Anjelica Huston (Simon & Schuster, \$19.99).
- 5 Emilio Pucci, approx \$2485. 6 Chanel, \$720. 7 Karen Millen, \$195. 8 Yves Saint Laurent Splendid Wood EDP 80ml, \$125. 9 Lover, \$450.
- 10 Miu Miu, \$1450. 11 *Bob Richardson* by Terry Richardson (Damiani, \$80).

SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY PHILIP LE MASURIER; NISBERGVOGUE/©CONDE NAST; STONEISLAND/©CONDE NAST. TEXT BY BREE McDONALD. STYLED BY CATLYN MASON



NEW YORK LONDON
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MICHAEL KORS

marie claire

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Shop these four runway trends your way, with our pick of the best buys that won't break the budget



Colette by Colette
Hayman, \$19.95



Vans,
\$89.95



Lee Mathews,
\$249

EDITOR'S
PICK

"These paper-bag waist pants are going to be my go-tos for casual chic"
Jana Pokorny, fashion director



Kookaï,
\$120



Cameo,
\$179.95

TREND #1

refined lines

Keep to the straight and narrow – team stripes with simple separates or double dose for impact



Witchery,
\$99.95



H&M,
\$69.95



Finders
Keepers,
\$129.95



PREEN BY THORNTON BREGAZZI



EMPORIO ARMANI



GIAMBATTISTA VALLI

MLM,
\$179



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TREND #2

pretty revolution

Not for shrinking violets, femininity embraces texture and strong silhouettes



Equip,
\$16.99



Olga Berg,
\$89.95



Cameo,
\$119.95



Boden,
\$78



The Fifth,
\$69.95



Marcus, \$159



EDITOR'S
PICK

"This neat-cropped jacket is just the thing for spring – and in sorbet pink, too"
Bree McDonald, junior fashion & news editor

Zara,
\$99



Vogue Eyewear,
\$149.95



Boden,
\$178



Oasis,
\$75



The Fifth,
\$59.95



Mink Pink,
\$59.95



Izoa,
\$79



Unreal Fur,
\$249 at
My-Wardrobe.
com



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MAX&Co.



Black By Geng, \$79



Topshop, \$175



Armani Exchange, \$229



Adorne, \$15.95



Elliatt, \$154.95



Country Road, \$179

TREND #3

graphic impact

Modern monochrome abounds in contemporary shapes and directional accessories



Trenery, \$129



Dinosaur Designs, \$102



Le Specs, \$79.95



Miss Moncur, \$120



Black By Geng, \$89



Keepsake, \$189.95

EDITOR'S PICK

"In my favourite palette of black and white, these cropped, slim pants are wear-with-everything"
Monica Russell,
fashion office manager



Boden, \$88



BALMAIN



PUBLIC SCHOOL



DKNY



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Chloé

TREND #4

military decorations

Touches of gold and high hemlines prove military doesn't need to be masculine

Guess,
\$149.95



Dragon
Alliance,
\$139.95



Timex,
\$149



Jeans West,
\$29.99



Witchery,
\$24.95



Levi's,
\$89.95



Sambag,
\$190



SONIA RYKIEL

Maison
Scotch,
\$159.95



Topshop,
\$105



fallenBROKENstreet,
\$99.95



Lacoste,
\$119



EDITOR'S
PICK

"Strappy neutral sandals
are a must for any
wardrobe and these, by
Guess, are just the thing"
Chloe Finley,
fashion editor

Guess,
\$189



camilla
and marc,
\$219



Polo Ralph
Lauren, \$199



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SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY PHILIP LE MASURIER. HEADPRESS. COMPILED BY CATLYN MASON



A black and white photograph of Justin Bieber and a woman. Justin Bieber is in the foreground, shirtless, wearing Calvin Klein underwear and jeans. He has several tattoos: a cross on his chest, a crown on his left shoulder, and various designs on his arms. A woman is behind him, her hands resting on his chest and waist. She has long blonde hair and is looking at the camera. The background is a plain, light color.

Calvin Klein Jeans

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MAKEUP DESIGNER/**PARIS**



**LIMITED
EDITION**



Linda Evangelista,
Scotland, 1991

"Linda loved to be photographed. She would always ask for a double-page spread. If she heard it was a single, she'd say, 'Not important. I want a double page.' Can you blame her? It's what people remember. [This photo was taken in Scotland, which is] a good location, but it rains a lot. It was my idea to go outside, but we had to get that picture fast – it was really pouring down. And Linda just started kicking [the bagpiper]." ▶

MOTION. pictures



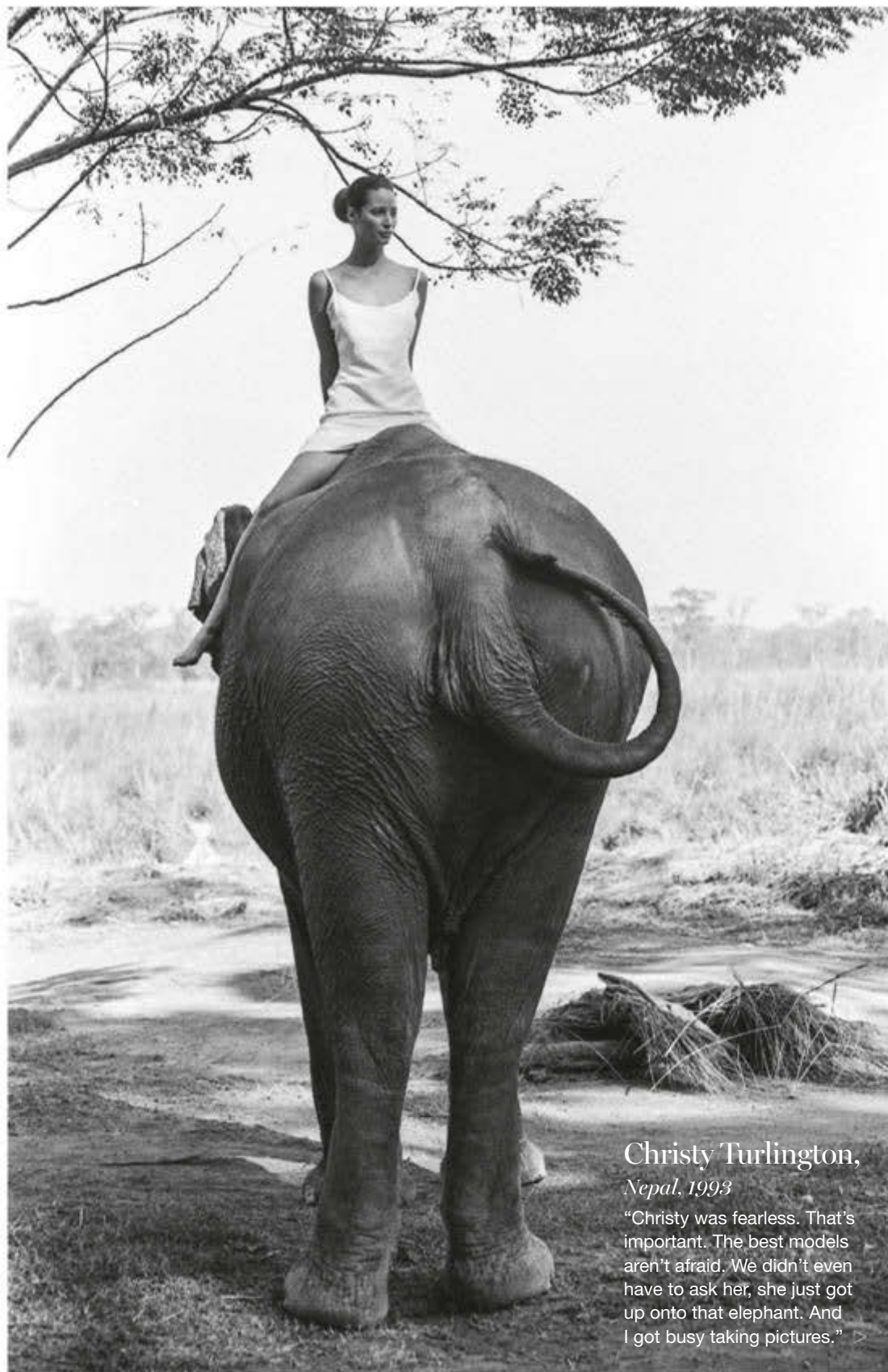
He's shot everyone from Kate Moss to Karlie Kloss. But it's the *sense of spontaneity and fun* that fills Arthur Elgort's photography that has made him so iconic. By Hannah-Rose Yee

Helena Christensen,

New Orleans, 1990

"This was the first time I had ever worked with Helena. She was new at the time. But she was very sexy. All my assistants liked her. They said to me, 'I'll take her out for a drink.' I don't know if they ever asked her or not!"





Christy Turlington,
Nepal, 1993

"Christy was fearless. That's important. The best models aren't afraid. We didn't even have to ask her, she just got up onto that elephant. And I got busy taking pictures." >



Kate Moss,
Los Angeles, 1995

"Kate Moss is easy. You just sit her there and she looks perfect, every time. You don't have to tell her anything. She gets it right away and before you know it, the picture's over and you're on to the next one."



Warren Elgort, Ansel Elgort, Matthew Avedon and Stella Tennant, *Death Valley, California, 2001*

"I always took my sons with me on shoots. They were very good and didn't need much supervision. They loved being photographed. My son Ansel [who starred in the film *The Fault In Our Stars*] is a natural in front of the camera. We knew – even when he was a kid – he was going to be a star."

Christy Turlington and Naomi Campbell, *New Orleans, 1991*

"People always ask me, 'How did you light that picture?' I never use lighting. I use light I can already see. This was taken in my hotel room in New Orleans. That's my picture of [jazz legend] Dexter Gordon by the phone. And that's my saxophone too. I used to play a bit, but I wasn't very good." ▶



Stella Tennant, *The Hamptons*, 1995

"It was Didier [Malige, the celebrated hairstylist's] idea. Stella was wearing Michael Kors, and Didier said he had done a job with Michael before that he hadn't been paid for, so he wanted Stella to jump in the pool wearing all his clothes. Of course now, it's a famous picture. Even Michael Kors has it up on his wall!"



Karlie Kloss, *Upstate New York*, 2012

"Karlie is a supermodel. They don't call them that anymore, but that's what she is. She really mowed that lawn! She knew exactly how to do it. I didn't know [how to do it]. Karlie showed me. This is my very favourite picture. If I had to buy a print for myself, it would be this one." ▶





sydney westfield
melbourne emporium


kate spade
NEW YORK



Keira Knightley, Kenya, 2007

"Grace [Coddington's] assistant was standing behind Keira Knightley, pushing the dress so that it would stay in that nice shape. You can't see what goes on behind the scenes! Keira was a nice girl, but I couldn't get her to smile. She had seen a picture of herself [smiling] once and she didn't like it and didn't want to smile. I like working with models because you can tell them what to do. Celebrities have more of a vision of themselves."



Donovan Leitch Jr and Kirsty Hume, London, 1995

"I like making people laugh with my pictures. We had this great pair – an actor called Donovan Leitch Jr and the model Kirsty Hume – and we sat them on a bench with the Queen. Well, she was a really fake Queen. It's such a funny picture. That couple – they fell in love, and they got married."

Midsummer Night's Dream (above right), England, 2008

"None of these people were models. They were all actors. I had never taken a picture quite like it. It was incredible; [the Thames] became a scene from *A Midsummer Night's Dream*. I like taking portraits but I like tableau sceneries too. I like to tell stories."



Before Arthur Elgort, models were mere mannequins. They craned their necks and arched their eyebrows. They posed in empty spaces and they sat static under harsh, lifeless lighting. But Brooklyn-born Elgort breathed life into a generation of models. He eschewed the studio's staid atmosphere for the great outdoors – from Arizona's dusty canyons to Scotland's lush fields – where he asked models to unwind, to move around. For Elgort, models leaped and laughed, jigged and jived, whispered into one another's ears, rode horses and dove headfirst into pools. "I always worked with girls who loved to perform," says Elgort.

The 74-year-old photographer's body of work is now the

subject of a lavish new book: the recently released *The Big Picture*. Elgort first picked up a camera as a child, drawn to the movements of dancers and musicians. "You can't pay the rent shooting dancers," he says. "So I tried to make fashion like a dance." His playful and irreverent style – as well as his unreserved, sly intimacy with his photographic subjects – made him an instant favourite with the fashion glossies.

During a career that has spanned 40 years (and shows no signs of slowing), Elgort made his name shooting the best of the best. Everyone from Cindy Crawford to Kate Moss ("I never took a bad picture of her.") has stared down his lens. "I got lucky. I came at the right time," muses Elgort. "How'd I get the shots? I paid attention. Sometimes the shots nobody knew I was taking ended up being the best." □



The Big Picture
(Steidl, \$135)
is out now



Collection from \$119


SWAROVSKI



frankly

SPEAKING

with christian louboutin

He's the wildly successful *shoe designer* who sells more than 700,000 pairs of *red-soled stilettos* every year. Christian Louboutin sat down with Jackie Frank to *talk about style* and why he thinks comfort is overrated

men versus women

JACKIE FRANK: You meet someone who says to you: "I've just landed from Mars. What is a Christian Louboutin shoe?" What would your response be?

CHRISTIAN LOUBOUTIN: Well, I would say, there is a difference between men and women here on earth, and my shoes are dedicated to women who are very happy to be women. Femininity is an important asset; it can be playful, but also an element of seduction.

JF: How different are men's and women's attitudes towards shoes?

CL: Completely different, right from the moment they put a shoe on. When a woman puts on a pair of shoes, the first thing she does is go straight [to] the mirror. She tiptoes [around], looks at

herself, [glances over her shoulder] at her arse, then walks back again. If she has liked [what she's seen], she will consider buying the shoes. When a man puts on a pair of shoes, he may not even stand up!

JF: That's all he does?

CL: He may look at himself in the mirror, but he often doesn't because the shoe is detached from the idea it's a part of [his silhouette]. With women, it has to be balanced; it has to [be part of] her silhouette. Men have an attitude that shoes are an outside element. I give the example of Helmut Newton's pictures. If you see a portrait of a woman who is completely naked with shoes on, no-one is going to think it is weird. But a man naked with a pair of shoes on? People would just laugh.

a foot in the door

JF: You started your company in 1991, but before that you had a job with [French fashion designer] Charles Jourdan and later, took on an apprentice role with [shoe designer] Roger Vivier. What did you learn from each of them?

CL: I was 18 for Jourdan and then for Roger I was 25. From Jourdan I learnt about the industry. It was a big factory, so I learnt how to be technical. Then with Roger, I learnt the opposite – the artisanal and creative side. But [I also learnt] you don't have to go one way or the other, that you can combine the two.

JF: The best of both worlds?

CL: Exactly.

JF: What did you love best about working with Roger Vivier?

CL: There was the quality of his designs, but also the fact he was so [close] to his work. You could definitely see creation mixed with passion in his shoes. He was also never trying to [keep up] with the new trend. He always concentrated on his own elements that he loved. [He taught me] if you try to transform yourself [based on] the next trend there is always going to be someone better.

LOUBOUTIN A-LISTERS

From below far left: Nicole Richie, Alessandra Ambrosio and Elle Fanning in their Louboutins; the designer shows his wares to Jackie.



JF: So what was the goal when you went out on your own?

CL: In the beginning, it was to create beautiful shoes for women, and that hasn't changed. Now, obviously, my company has become [much larger] and I have to think ahead more and plan more, which I'm not used to. But my ambition is still the same and that is to please through my work.

navigating the GFC

JF: During the global financial crisis, when many businesses foundered, yours actually increased. You sold 340,000 pairs of shoes in 2009 alone. How did you manage that?

CL: Well, first, I have people taking care of the business side, which leaves me free to keep on designing. But I think in a period of crisis, people are going to move away from anything [created without] heart; they do not want to give up on things [that tap into] desire and passion.

JF: What do you mean exactly?

CL: I'll give you an example. In the 1950s, after World War II, the American film industry was being incredibly creative and was also fun, alive and full of colour. It makes sense to [counter an

otherwise] tough period because [if not] it adds a sort of bad energy.

During the 2008 financial crisis I was with a journalist during a special appearance in California. The journalist commented that they didn't understand why people were queuing for expensive shoes for me to sign. They said: "It doesn't reflect the crisis." I told them it was a weird thing to say – I wasn't responsible for the crisis. Why would I want my work to be a reflection of it? It doesn't work that way.

JF: No, it doesn't.

CL: And if I wanted [my designs] to [reflect] the crisis, what was I supposed to be doing – black-veiled shoes? Is that what people are thinking they want? I don't think so. In that type of period everyone wants something to bring them out of the darkness.

"The most stylish people are people who are not talking about style. It is an attitude"

Christian Louboutin

the art of style

JF: Who do you think are the most stylish women in the world right now? You've cited Marlene Dietrich and Marilyn Monroe in the past ...

CL: I wouldn't be able to [nominate] one person. I could name people who are incredibly well dressed, but it doesn't mean they have the best style. Without giving any names, I know this woman who is incredibly well dressed, but she talks all day long. After three hours, I'm like, "Do you really have to keep going?"

Style is something you see, but should not be discussed. The most stylish people are people who are not talking about style. It's an attitude. Well, an attitude with something else. Elegance and, in a way, a type of confidence. Most people with a great style also have some sort of confidence.

baring his sole

JF: Tell us about your signature red sole. When did that first come about?

CL: Totally by accident. I was not thinking, "OK, I need a signature, what can I do?" It was very early [on] in 1992. All the designs I had done at the time were very vivid and [using lots of] colours. [Handling] one of the first prototypes I was very happy [with it], but then when I turned the shoe over, suddenly [I realised] there was a lot of black ... Just behind the heel, a black sole.



The So Kate Booty and Pigalle pump, two Louboutin classics.



SHOE BUSINESS

Left: Jackie and the designer snap a selfie outside his flagship store in Paris. Right: the Mirage stiletto, from Louboutin's S/S 2015 collection.



I thought, there is no black in my drawing, so I have to erase it. The girl who was trying on the shoe was polishing her nails, so I grabbed the nail polish – she had only done two nails so we had a bit of a fight about it – and I painted the sole. Suddenly – boom! It became exactly like the drawing and I thought, “This is it! OK, every season I will choose one colour for the sole.”

[I planned] to have a forest green for the next winter, but then I realised people did not necessarily want colours in the '90s. Most women would say, “I only wear black”, but they would consider red as an accent, not a colour. So I stuck to red because it was very much an element of seductiveness.

his favourite pastime

JF: What's the most extravagant thing you've ever collected?

CL: A slightly extravagant thing that I bought is a beautiful kayak. Beautiful but huge – about 6.5 metres long – and [designed] to go in the sea and I'm unable to go [out on it]. It's at a house I have in Portugal on a lake.

The guy who made the kayak once said, “Let's try it out.” I said, “No, no, no.” There's no way I'm going to kill myself.

JF: I also read one of your pastimes is trapeze flying. Why?

CL: It's always been important for me to exercise because I have a lot of energy, so if I don't exercise, I get like a bull. A bull in a cage or something.

JF: But you could run, you could cycle – why trapeze flying?

CL: Because I saw this fantastic movie

when I was in my 20s – it was a German movie called *Wings Of Desire* – and afterwards I said, “I have to do the trapeze.” The movie is about an angel who flies over Berlin and looks down and at one point he is over the circus and there is this lonely woman flying on the trapeze and he falls in love with her. [That] scene was very beautiful. I haven't been on my trapeze for a few months, though, because it got flooded [in some stormy weather] and we have to see if the beams [are still] safe.

JF: How do you relax?

CL: I relax over the phone, which is not for everyone. But talking over the phone is very relaxing for me. I also love to garden a lot and swim. I love hiking too.

first impressions

JF: You're opening a new store this month in Melbourne. Have you been to Australia before?

CL: No, I've been to New Zealand and landed in Australia for about four hours but [that is all].

JF: What is your impression of our country?

CL: Well, the first thing, which is pretty obvious, is that it's a young country. [Also] literally every Australian that I've met has been super-nice. There is something honest and laid-back, you know? There is a warmth to Australians. You can discuss things immediately and don't have to try [to navigate] boundaries. In the old-world [social structures], it's the one thing that is pretty annoying, that little bit of snobbery. But it doesn't seem to exist at all with Australians.

want more? Visit the official *marie claire* YouTube channel at youtube.com/user/marieclaireau to watch Jackie's interview with Christian Louboutin.

taking on his critics

JF: You've said that stilettos make women feel empowered. Some people would say the opposite – that they make women hobble around. What do you say to that?

CL: Well, it's very weird that people think women would do something if they didn't feel great in it. Saying women do things they probably wouldn't want to do – [purely] in the name of fashion – is basically saying that women are stupid. So I totally disagree.

JF: You've said you're not a person who values comfort or being “comfortable” in either design or in life. What did you mean?

CL: I was talking of my work and what I was [contemplating was], “What is the first thing which comes into my mind when I'm designing the shoes? Is it comfort?” Because [if so], that's already a restriction. To start designing with restriction is not a good thing and also if you look at my shoes, I would hate people to go, “Oh, this looks so comfortable!” Comfort is an overvalued virtue. It's important and I'm not for discomfort, but comfort is an overvalued word.

JF: It's not the first priority?

CL: Definitely not the first priority.

JF: What is the first priority then?

CL: Beauty.

THE NEW FRAGRANCE FOR WOMEN

DAISY DREAM

MARC JACOBS



A photograph showing a woman with dark hair, wearing a dark jacket, crying and being embraced from behind by a police officer. The officer is wearing a dark tactical uniform with a helmet and a patch on the shoulder. The background is slightly blurred, showing what appears to be an indoor setting with a window. The overall mood is somber and emotional.

DAYS OF TERROR

When an armed madman took over a Sydney cafe in December last year, the world watched in horror. The 16-hour stand-off ended in a blaze of gunfire. Two innocent lives were lost. Many others were irrevocably changed. Here are some of their stories ...



CITY UNDER SIEGE

From top: hostage Marcia Mikhael pictured on the day of the siege being forced to hold up a flag in the window of the Lindt cafe; the gunman – Man Monis, who died in the final gun battle – was on bail on a charge of accessory to murder at the time of the siege; police stormed the cafe after a 16-hour stand-off.

Marcia Mikhael should not have been at the Lindt Chocolate Cafe when Man Haron Monis took his final, deranged stand against the world. The project manager was due to work in the Kent Street head office of Westpac on Monday, December 15, but changed her mind and decided to spend the day at the bank's Martin Place branch. She told colleagues she would meet them for coffee, as usual, but not at Lindt because she was in training and "[my friends] always try to make me eat chocolate".

Nevertheless, that's where Marcia and two workmates ended up. The fourth member of their regular coffee club was running late and didn't make it. The group took their usual table, near the corner one where cafe manager Tori Johnson sat quietly each morning, alone, doing his paperwork. But this morning was different. Marcia relives the nightmare:



the horror unfolds ...

There was a man sitting with Tori. I didn't pay much attention. It could've been anyone. What was unusual was that Tori was not looking at the man. Tori seemed a little bit ... maybe not nervous, but quieter than usual. There was something strange about his behaviour.

He called one of the staff and whispered something in his ear. And the staff member went and locked the door next to Tori, the side door.

About 10 or 15 seconds later, a lady was trying to get in and she couldn't. She was knocking on the door. The staff was instructed to basically ignore her, just tell her that it was closed, which was very unusual. I thought it was rude.

Then eventually the front door got locked as well, and the staff placed handwritten notes on the doors saying "closed". Selina [Win Pe, another Westpac employee] tried to get out and she ▸

**“Take the shot,
just take the shot ...”**



CHRIS REASON

**Channel Seven reporter
who had a privileged view**

... they're words I've repeated to TV cameramen countless times over my decades in TV. But tonight I wasn't saying it to a cameraman; I was willing it to the police sniper crouching beside me. I could see the gunman, Man Monis, stalking around the Lindt cafe. And if I could see him, then the sniper with his high-powered rifle and scope could see him even better.

The Channel Seven newsroom sits only 30 metres from the cafe, looking directly into it. When the siege began earlier that morning, the police had evacuated us all for safety, fearing we were in the gunman's line of fire. But they later allowed my cameraman, Greg Parker, and me back in. They wanted to use our powerful cameras to spy on Monis and placed us right beside the sniper's "nest". As a journalist, this position was a privilege; as a human being, it was distressing. Spending hours watching those innocent souls suffer was deeply confronting.

"Take a shot, end this now," I thought.

From the beginning, we could see that the hostages were battling not just

fear but exhaustion. We were helpless as 22-year-old barista Elly Chen, trembling with terror, had gently passed out and crashed to the floor. Pregnant lawyer Julie Taylor was clearly visible, her eyes red raw and her face stained with tears. From in here we could see it all but hear nothing – like a silent horror movie.

I could also see just how volatile and unpredictable Man Monis was: pacing around the cafe, shouting at the hostages, using them as human shields, jabbing the shotgun into their ribs.

"Take the shot," I prayed.

But, of course, the sniper couldn't take the shot. He was aiming through two windows – both Seven's and Lindt's. Who knows what that would have done to the bullet's trajectory; possibly killed a hostage. And then there was the backpack. If it did contain a bomb, would shooting him cause it to explode?

But while the sniper couldn't shoot, he certainly could see. And what he saw shortly after 2am will live with me forever. "Window two, hostage down," he calmly reported into his police radio. Tori Johnson had just been murdered. Those words triggered the raid 24 seconds later

couldn't. I said, "This is the manager; ask him to open the door for you; he'll let you out." That's when everything started.

Monis gets up and he takes a gun out of a bag and shouts, "Sit down everyone! If you sit down and don't move you'll be OK, you'll be safe." It was surreal. I wasn't sure whether it was just a prank or what was going on. He told us to all move to the wall facing Martin Place. We all just moved. No-one said anything.

He started talking about bombs and wanting to speak to Tony Abbott. And then he started placing us in different spots around the cafe. I was originally standing against the glass door. I had another girl, one of the Lindt workers, standing next to me. We were there for a good two hours. He made us put our arms up and close our eyes. He did not want anyone talking, or looking at anyone.

I was crying hysterically, standing there with my arms up in the air. Then all of a sudden there was a police officer against the wall. I was the only one who could see him. Monis couldn't see that I had my eyes open, so I started to communicate with this police officer. I don't know who he is, but I would like to thank him. He was basically gesturing to me to take deep breaths and calm down. So I started taking deep breaths and thinking, "Calm down, calm down, you're going to get out of here; your kids need you." I started thinking

about my family – my kids, my husband, my parents, my brothers and sisters. I needed to maintain my calm and be in control. The police officer asked me how many gunmen were in the room. Because I had my arms up in the air, all I did was point the number one to him. So he goes, "OK, there's one?" And I said, "Yes." And then he goes, "Where is he now?" I pointed to where he was, because he was standing just behind the wall where I was. Then he told me to take another deep breath, and he disappeared. I was



#Illridewithyou*

**appeared 670,000 times
on Twitter alone**

thinking, "Where is everyone? Why aren't they rescuing us?" The area was just deserted.

the hostage taker

[Man Monis] was tall, scruffy looking, well-built. He was very angry at the government, very angry

at Tony Abbott, very angry at the world, saying we had no right to invade countries and help other countries go to war.

Whenever he had to walk, he would drag someone with him. He would only raise his voice when his demands weren't being met, or when he saw police. He made many, many threats during the day, that he was going to shoot us if this happened or if this didn't happen. Of course, we were terrified. We didn't know what he was capable of because no-one knew who he was, whether he was just

a lunatic who decided to do this on his own or whether he was with someone else, whether he was a terrorist.

He was mostly sitting in his little corner. He just moved a metre or two away from his spot, right under the flag. That's why he made sure that the flag was always placed at the bottom of the window, so he was covered; no-one could see him.

He wanted to know about us, which was bizarre. He would ask us if we were married, if we had kids. He asked Julie Taylor if she had any children, and she said no, but she was pregnant. At the end, he knew I had three kids. He knew Katrina [Dawson, a barrister] had three kids.

monis's demands

He kept saying he would release a hostage for an ISIS flag, he would release five hostages for the opportunity to talk to Tony Abbott via live broadcast, and he would release two other hostages if there was a live broadcast saying this was a terrorist attack on Australia via Islamic State.



that would leave two more dead: Katrina Dawson and Man Monis.

It's difficult to move on from that night. The cafe is still boarded up, under repair. Ironically, the attempt to hide it draws even more attention. For everyone at Seven it's an image you cannot escape. The cafe sits right there in view of everybody's desks, in the background of every conversation.

I'd spent 27 hours locked down in that building. Strangely, that was my first day back reporting after six months long service leave. My family and I had travelled the world living in a Winnebago, canal boat and even a lighthouse. We'd returned amazed that nothing had gone wrong – no lost bags, missed flights. We breathed out a collective sigh of relief: "Safe and sound in Australia." But that Monday it felt like a dangerous world had followed us home.

Because [Julie] was a barrister, he put her in charge of calling people: radio stations, TV stations and police. [She] tried to speak to people, telling them exactly what he was dictating, but she wasn't getting anywhere. He was getting very angry and agitated because his demands weren't being met. When he got angry it was scary; he was unpredictable.

He didn't have phone numbers for anyone. Everyone was Googling them because he had absolutely nothing prepared. I volunteered to take over the phone calls. I was repeating the same things over and over, and deep down I knew they weren't going to give him a flag. I knew Tony Abbott wasn't going to pick up the phone and call him.

He was very angry at the first [escapes]. [*Hostages Stefan Balafoutis, John O'Brien and Lindt supervisor Paolo Vassallo were the first to escape, pressing a green exit button near the front door, and bolting. An hour later, Lindt workers Elly Chen and Jieun Bae also fled.*] He threatened to start killing people if

"I was acutely aware that this was unfolding ... I didn't want to be alarmist; to make it more scary than it already was"

Melissa Doyle

anyone tried to escape again. He said, "For every person that escapes I'll shoot two." But he didn't even know how many hostages were in there. He didn't even know the two girls escaped; he thought it was just the three guys. He heard on the news an hour later. He goes, "Really, five? Who were the other two?"

on losing hope

Police tried to call us, but as soon as we would pick up the phone, [Monis] would ask us to ask the police officer, "Do you have the flag?" If the answer was no, we had to hang up. So there was no negotiation really, just useless phone calls that were being made back and forth for the whole day.

[In one of these calls] the policeman said, "OK, I'm going to ask you yes and no questions. Would you be able to answer that way?" And I said yes. And he asked me a couple of questions which I had already given that information to in the first hour of the day, about how many gunmen. Was it one? I said yes. Then he goes, how many hostages? Is it more than 10? I said yes. He goes, is it less than 20? I said yes. And that's it. I wish he had asked more intelligent questions so I could give him information from the inside.

He could've asked me if there were wires coming out of Monis's bag, to give him an idea whether there was a real bomb in there. They could've used me somehow to help them, but they didn't.

I was very frustrated. So frustrated that I actually lost it when someone, one of the police negotiators, said to me, "As you can understand, Marcia, the Prime Minister is a very busy man."

I yelled at him. I couldn't believe it. I think I actually said that I don't care what he's doing right now, whether he's walking his dog or he's playing golf with his mates, but I'm sure there is nothing more important happening in Australia right now than this, and the lives of the people in this cafe. And then I hung up. It was then that I knew that there was not going to be any negotiation and we were just left there. That's when I lost hope.



MELISSA DOYLE

Journalist who fronted rolling coverage of the siege

Sadness. Overwhelming sadness and shock. They were the feelings I remember most about the mood in the city once the siege ended. On that second day, I was fronting our coverage from the floral tribute consuming Martin Place. People were pouring into the city. They brought flowers from their own gardens. People were even laying down Christmas decorations; handwritten notes; little Lindt bears, anything they could.

The mood was vastly different the previous day. I was positioned in a cordoned-off area where we fronted the coverage from 3pm till midnight. I was acutely aware that this was an unfolding situation – we were walking a fine line between informing the public and not jeopardising the police operation.

I kept imagining that the parents and the families of the hostages might be watching so I didn't want to be in any way alarmist; to make it more scary than it already was. Because the Sydney newsroom was evacuated, we were scrambling for whatever equipment we could get our hands on. I didn't have access to any of the vision being screened live, but I had a producer from the Melbourne newsroom in my ear who would describe what was going on. I had my fingers crossed that it all synchronised.

But it's the great feeling of sadness in the aftermath that I remember most. There was an outpouring of support for the hostages, and their families. I read a few of those beautiful messages out on air: of course, I was struck – like everyone – by the drawing from Katrina's children. That one hit home. Because Katrina was just like us, like any working mum: meeting a friend and getting a coffee before any other working day. And she didn't make it home.



And then I asked Monis if I could call my kids because I actually wanted to hear their voices for the last time.

So I called my kids and I spoke to them. I told them that I loved them very much, and I needed them to remember that. And my eldest son kept telling me, "Mum, stop it, everything's going to be OK, everything's going to be OK, Mum, stop, stop." And I kept telling him, "I know, I know, but just remember that I love you, I love you, I love you so much." And then I had to hang up.

the fiery end

[Increasingly paranoid, Monis grabbed two other hostages, took them to the kitchen and began stacking boxes against the fire exit. With Monis out of the way, police began communicating with some of the male hostages through the glass door.]

"All of a sudden, everyone got up and started running towards the side door. Someone tripped on a glass and the glass breaking caught the attention of Monis in the kitchen. He came back running, and that's when the first shot was fired. He shot blindly. He was spooked and he shot towards movement, I guess, because it was dark in there.

[While many hostages were able to flee, Marcia and Katrina Dawson



"It was just so loud, so many shots. Then I could smell the gunpowder. It was so bright. Everything was lit up like New Year's Eve"

Marcia Mikhael (above, being carried by police)

were trapped in the corner.] I ducked under the table, and she did as well, under the chairs next to me. I could see [Monis] from the back, because his backpack had a white stripe going all the way down and it was shiny in the dark. All I kept thinking was, "I hope he doesn't turn around, because if he turns around he will see Katrina and me." Then he notices Tori still sitting on the bench. He goes, "Manager, come over here."

[Through a crack between the tables, Marcia saw Monis grab Tori.] I kept watching the white stripe on his back. I figured as long as I can see the white stripe, he's not looking at me, and as long as he can't see me, I'm safe. Katrina was next to me. Katrina and I look at each other, and you could see the fear on her face, and I must've had the same look on my face, because I was terrified. That's when the second shot took place.

Less than five seconds later, the cops came in and started shooting at him and throwing grenades inside the cafe. I took one last look at Katrina and she looked at me, and then she put her hands on her face and she put her face down, like to protect her face. My legs got hit; both legs were in agony. I let a little scream out, but then held myself back, thinking, "Be quiet, he's going to hear you." I figured I'm going to get shot more if I don't move, so I shuffled around a bit to the corner, and I went

into a foetal position. And I'm praying, "Please God, please God, please God, I need to get out of here alive."

It was just so loud, so many shots being fired. And then I could smell the gunpowder. And it was so bright. Everything was lit up like New Year's Eve. Then all of a sudden it stopped and I could hear screaming voices like police voices. I looked up and I could see the police officers wearing black uniforms. I was still terrified they were going to shoot me, thinking that there's a shadow moving in the corner. That's when I looked to see if Katrina was OK. She wasn't moving. She was just lying down with her head facing me. I look up at the police and I tell them, "Help, I'm here! Help!" As soon as they get to me I go, "Please take her first, she's not moving." But they took me first. Someone else came for her. I don't know how I'm alive. I don't under-



"Word came through our earpieces to get back from the glass"

KYLIE GILLIES

The Morning Show presenter who broke the story live

It started like any regular Monday morning show. Marlisa Punzalan of *The X Factor* was singing when I sensed a commotion. I turned around, looked outside and saw police with their guns drawn. Then, I glanced at the Lindt cafe, and could see palms on the window and faces.

I said to our producer, "Can you see what we are seeing? This looks bad. Are we cutting to this?"

and word came through we would be. [Co-host] Larry [Emdur] and I had to quickly gather our thoughts.

At some point the crew pulled screens across the windows, and word came through our earpieces to get back from the glass.

While Larry and I were on air, most of the rest of the building was evacuated. Eventually, we were told by producers that we all had to leave too. To walk off the

studio floor and be met by armed police was quite confronting.

In the days after the siege, it was very sobering to walk back into work and see that enormous shrine of flowers. We were not only unwilling spectators to a horrible act, but were also in a prime position to see Australia at its very best, when it showered those families in flowers and love and goodwill and sympathy.



ELLEANOR GILLARD

A law clerk at nearby Frederick Jordan Chambers who had to be evacuated by police

“We all climbed out of a window to escape”

It all started at about 9.50am – there was a customer in our foyer trying to get into Lindt through the side entry. I saw two people inside the glass doors of the cafe shaking their heads, saying, “No.” I thought, “They’ll sort it out,” and walked into my office.

Then I heard a siren and saw police in the street. That’s when I noticed the two girls

pressed up against the glass doors at the cafe. It was a staff member and a customer – they looked terrified.

It took the police two hours to evacuate us, because we would have had to walk right past the Lindt doors in clear sight of the gunman. We were being inundated with text messages and phone calls from friends and relatives. I started to get panicked when people around me were panicking.

After a while, one of my colleagues went out

and locked our glass door. That was a really brave thing to do – he could have easily been seen by the gunman.

Eventually, we all climbed out of a high window and the police brought ladders to help us get out. We have about 130 staff and for there not to be somebody in the Lindt cafe was amazing. Many people were saying, “I bought my coffee there this morning; I got my hot chocolate from Tori.” It was so random as to who was in there and who wasn’t.

stand how I got out of there with only leg injuries. I think I’m alive because it’s a miracle. Someone was looking after me.

on her pain and anger

I am very angry, because we still don’t understand what happened. I was expecting to get maybe a phone call from someone, just to explain why this wasn’t done, why that wasn’t done. Why is it that I have two legs that kind of don’t work right now? Why is it that there are two dead people besides the bad guy? I feel like I’m being treated as a criminal myself. I can’t even get all my medical records from the hospital because they’ve been restricted and sealed. I can’t get my police statement; they won’t give it to me. Why am I the criminal here?

I have pain 24 hours a day. It’s getting better now. I’m on heavy medication, sleeping pills. I can’t sleep at night. It’s flashbacks and the dreams, and the mind doesn’t stop.

on the police response

I think it could’ve been done differently. No disrespect to anyone, but the [NSW Police Force] are not trained for this. Where was the army? If this is not serious enough to get the army involved, what is? I’m sure there’s better ways to deal with this than just sit around and wait for the worst to happen, and then go in and shoot. I heard [multiple] shots and grenades. It was just one per-

son in there, one bad guy! Why do they have to shoot [so many] bullets to kill one person? [All those] grenades to kill one person? I don’t get it. I want someone to explain it to me. It takes one bullet to kill one person, not a hundred.

I know there are a lot of officers who probably risked their lives to be there, and I thank them. Don’t get me wrong, I’m not ungrateful to them. [But] whoever made the decision to have those 400 officers surround the building and then do nothing – they are the ones to blame – not the officers. I thank them very much from the bottom of my heart.

This is an edited version of an exclusive Channel Seven interview with Marcia.

**100,000
bouquets of
flowers were
laid at
Martin Place***

Below: a picture commemorating Katrina Dawson and Tori Johnson, formed part of the floral memorial in Martin Place.



REV DR STEPHEN ROBINSON

NSW Disaster Recovery Chaplaincy Network coordinator deployed at Martin Place

“We went through boxes of tissues. It seemed everyone was crying”

I’ve been a counsellor for 18 years and I’ve worked on a lot of critical incidents – bushfires, natural disasters – but I’ve never seen anything like this.

I was working at home when my son texted, asking whether I was involved with the siege. I turned on the TV, saw what was happening and immediately wondered whether there would be a role for counsellors and chaplains.

The next day, my team was deployed to Martin Place.

It was an extraordinary experience. People wanted to be there to bring something positive. That’s how it grew from a bunch of flowers to a sea of bouquets.

We had 29 chaplains down there for nearly a week and we all carried tissues. We went through boxes and boxes, just to share. It seemed everyone was crying.

We spent a lot of time listening. Because there had been deaths, it brought up the issue of what life’s about. And people were thinking, “That could have been me.”

One moment that stands out for me was when a lady started sobbing really deeply, and a small group of Muslim women came and just put their arms around her to comfort her. That said everything about what was going on there.



You know that moment,

SASS & BIDE



the one when you actually find it?

CUE

MYER


It's a personal thing.

WAYNE BY WAYNE COOPER



ARTHUR GALAN AG

MYER

A photograph of a couple kissing on a city street. The woman is wearing a black dress and a white scarf with a floral pattern. The man is wearing a white shirt, a dark tie, and a green jacket. They are standing in front of a yellow taxi and a city building.

DANNA VAJDA, 31, artist
and bartender, and
ANDY MCKINNEY, 34,
sociology PhD student

Danna: We're marrying partly for the Green Card. I'm from Canada and Andy is American. We met in February 2013, and I've been pretty head-over-heels since our second date. It's one of those moments where it's like, "OK, my work visa has run out, and I want to stay here with my dude."



ELAINE O'BRIEN, 36,
yoga teacher and therapist,
and **AVIRAM COHEN**,
34, carpenter

Elaine: Aviram actually dated one of my friends, and about a year after they stopped dating, I was like, "He's kind of cool, would you mind if I checked him out?" She said, "You've got to – he's great!" That was five years ago. Our first date was in December during a really intense snowstorm and we just walked around in the snow. And here we are.

WHERE NEW YORK SAYS “I DO”

To celebrate *Valentine's Day*, we spent a “day in the life” of Manhattan’s iconic *City Hall*

EMILY QUERNA,
31, ski instructor, and
GARRETT STRIZICH,
29, biostatistician

Emily: We rode our bikes down here to get married because that's how we fell in love – biking around the city. The day after Hurricane Sandy [in 2012], all the public transportation was shut down, so I took my bike out with one of my classmates who happened to be Garrett's neighbour, and he came too. We ended up biking all over Manhattan. Seeing the city after Sandy was such a surreal experience, but also one of the reasons I love New York. Everyone rallied together, strangers helped one another. [Garrett and I] totally had the hots for each other [that day], but it took a little longer for us to get together.

Garrett: [Today] we retraced the same route we took the day we met, though I don't think we planned it that way. ▶

GIOBANNY SARMIENTO,
30, job unknown, and
MIRIAM PAREDES, 30,
hair salon worker

Miriam: Being married isn't really going to change our relationship. We've been together 11 years, so it's nothing new. After the ceremony, we're going home. My goddaughter's mother is [cooking] us something nice. We're not really having a party. I just want to be his wife.



AMANDA VERA, 28, waitress and aesthetician,
and **ILIJA STOJAKOVIC**, 26, student

Amanda: He proposed on my birthday. I was expecting an iPhone, but I got something else! We actually want to do weddings in his country [Montenegro] and my country [Brazil], with the whole family. Our languages are completely different, but the cultures are similar. We're very family-oriented, religious people. We have similar values. We want a big family. Three kids together, plus my three-year-old daughter, who is here.

EILEEN CHEN, 26,
unemployed, and
XIAOFENG
"MATT" **ZHENG**, 29,
restaurant manager

Matt: We met through a Chinese matchmaker. I wasn't sure about it, but I decided to give it a go ... and I found someone I really love. We've known each other for a year now. After we were first introduced, we just talked on the phone before we met. It's time for me to settle down, and we don't want to waste time. I'm not nervous. This feels normal and good.





LARRY MULLETT, 32, business development manager, and **CHRIS BRENNAN (RIGHT)**, 29, advertising account manager

Chris: I've asked Larry to marry me a dozen times over the past four years. I would just call him on a Monday morning and say, "Marry me." I love him. We have the best time together and one day we want to adopt children. We were thinking about entering into a domestic partnership in Sydney, where we live, but the lack of equality is really disheartening. If we could have gotten married in Australia, we would have. While planning this trip [to our home country of] Canada, Larry said, "Why don't we get married in New York?" No-one knows we're doing this. They're going to be super-surprised. Both our mums are going to be at the airport to meet us. I was thinking we would wear gloves off the plane, and then get everyone together and say, "By the way, while we were in New York we got married!"



RAMON MCDOWALL, 34, musician, and **TENEKA SYLVIA**, 28, disability caseworker

Teneka: My shoes and my flowers are my something blue. I don't want him to see my dress [yet], but it's a little white dress – simple, simple, simple. I'm not really into the whole fancy church thing. I've known Ramon for a long time. We met at a Caribbean birthday party thrown by friends years ago, and we've been together for 18 months. We love each other and wanted to get married. We had a conversation and I just said, "We should do this." I just hope that everything goes smoothly. I'm really excited.



DARIA LEWIS, 43, teacher, and **ROGER ELSTER**, 53, interior designer

Daria: It's not often that kids are around for their parents' wedding. We've been together for 14 years. Today, we have our three children with us: Matisse, who is 13; Zoe, 12; and Phoebe, five. To have them be a part of it is really special to me. We recently moved here after 14 years in Germany. There wasn't a "proposal" so to speak, but we did decide, "OK, let's do this." It felt important that we officially tie the knot in New York, where my parents are. The ceremony went by a lot faster than I expected. In this little room, you forget all the other people on the outside, and it's very private and personal. I saw a tender side of my husband I hadn't seen in awhile. And my father. I'm all grown up, [but] there was a sentimental side to my father I hadn't expected to see. ▶



SHOYA OXLEY, 29, stylist, and **RYAN HAYNES**, 34, assistant manager at a boutique

Shoya: We have a nine-year-old son and have been together for seven years. I guess you could say we got together about nine years ago, but we've only been *together* for seven years. We just decided it was time to get married ... Do you like his suit? Me too. I think we're going to be the best-dressed couple here today!



STEPHANIE ANN DOUCETTE, 43, owner of Swing boutique, and **MARK ROBOHM**, 42, web developer and drummer

Stephanie: I found this Bottega Veneta coat, and that was that. I was like, "That's the coat I need to get married in." We've been together 14 years, we have three children – I don't want a poufy dress. The coat will always remind me of this day. It was a smart but sentimental purchase. I have a velvet slip dress from eBay on underneath. □



JASON KINCADE (LEFT), 44, online store owner, and **PAUL HARRINGTON**, 48, book publisher

Jason: Marriage has always been at the back of our minds. Initially, we weren't really big on the symbolic gesture – we thought that as long as it wasn't legal in the rest of the country, it sort of felt like a small step. But now it's more widespread, this seemed like the right time. We've been together for 21 years. We're about as married as two people can be.



PHOTOGRAPHED BY CAITLIN MITCHELL. AS TOLD TO EMILY CRONIN

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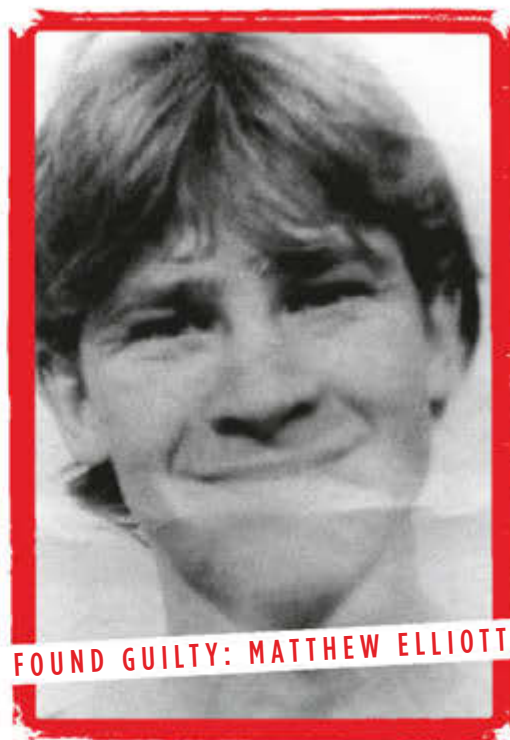


It was Australia's most
notorious murder...

Should the *child killers* responsible be

LOCKED UP

With public outrage at an all-time high, the police hunt for the killers of Janine Balding was covered in detail by a hungry press, including the capture (left) of Stephen "Shorty" Jamieson, then 22, by detectives on the Gold Coast. Right: Matthew Elliott, then 16, was sentenced to life imprisonment for his part in the crime. Now lawyers are trying to get his jail term reviewed.



Apart from a few states in the US, Australia is the only country in the world that still has children imprisoned forever. Do they deserve a second chance, or are some crimes so barbaric that the offenders deserve to be jailed for good? Anneke Ray reports

Bev Balding's hands trembled as she watched the judge enter Courtroom Six of Sydney's Supreme Court to hand down his sentence. For weeks on end, she had sat on the cold, unforgiving benches of the public gallery, steeling herself to remain in the same room as the men guilty of murdering her daughter. If that 3.45am phone call with the terrible news, two years earlier, had been the start of her nightmare, the trial offered a chance of some small consolation. All she could hope for now was justice. Janine was never coming back. The 20-year-old bank teller had been kidnapped, repeatedly raped and drowned in a shallow dam. Now the young men who had done that to her were facing the consequences.

The harrowing case had caused a public outcry and on that spring day of the sentencing – September 18, 1990 – the old sandstone

building was packed. Journalists jostled for position. Members of the public mouthed abuse at the three convicted murderers sitting in the dock. Aside from anything else, their youth was shocking. The perpetrators were aged 14, 16 and 22 at the time of the crime.

The presiding judge made no bones about the fate he felt the youths deserved. A life sentence – and best to throw away the key.

"This surely must be one of the most barbaric murders ever committed in the sad criminal history of this state," said Justice Peter Newman in his address. "To sentence people so young to long terms of imprisonment is of course a heavy task. However ... I believe I have no alternative. So grave is the nature of this case that I recommend that none of these offenders should ever be released."

The public gallery erupted in applause. Bev Balding wept. Her husband, Kerry, walked outside to a barrage of camera flashes; in his

FOR LIFE?

hand he held the unsigned Father's Day card found in Janine's abandoned car.

"They should be put to death," Bev told reporters. "People say that bringing back the death penalty is stooping to the level of the criminals. It's not. Stooping to their level would be to terrorise them as they did to Janine."

Public sentiment was just as strong. Janine's death came two years after the equally brutal rape and murder of nurse Anita Cobby, and Australians were enraged. What monsters had we allowed to live in our society? And how could two children commit such hideous acts?

Justice Newman's recommendation that Janine's killers never be released did not, in fact, have legal force until almost a decade later, when then NSW premier Bob Carr introduced retrospective legislation to ensure nine of the state's worst killers would be "cemented in their cells". The only way they could be considered for release was if they were dying or so incapacitated they could not commit a crime.

Meanwhile, several appeals lodged by the men failed. So it looked as if that was that. Last year, however, the lawyers for two of Janine's killers, Bronson Blessington and Matthew Elliott, lodged a complaint with the United Nations Human Rights Committee (UNHRC). Their lawyers argued that, regardless of the terrible nature of the crime, their sentences breached the UN Convention on the Rights of the Child, and the men should have been treated as juveniles and given the prospect of one day applying for parole.

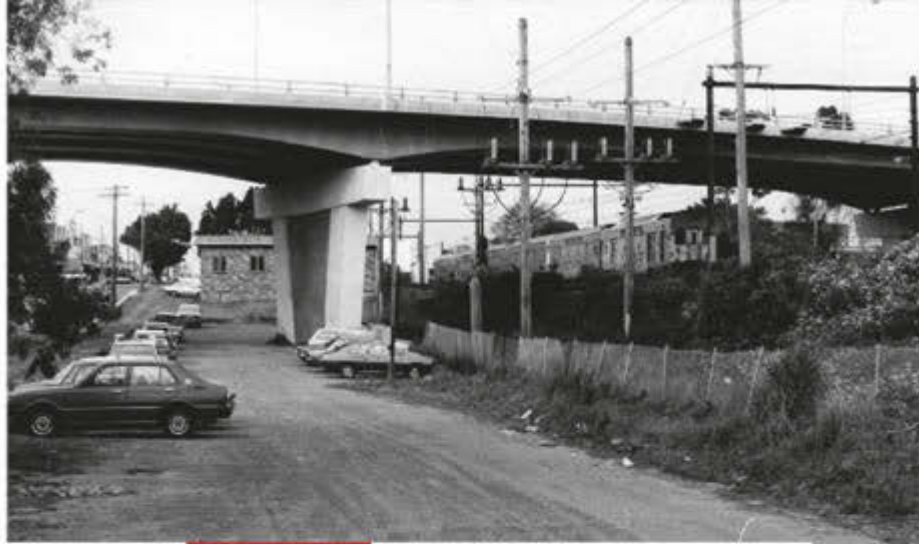
The UNHRC concluded Australia was in breach of its human rights obligations by allowing children to be sentenced to life in prison without the genuine possibility of parole. It was "cruel, inhuman and degrading punish-

ment" and it called on the federal government to review the case.

With the exception of some states in America, Australia is the only country that still has children imprisoned forever. Even in the US, there have been recent test cases challenging life sentences without parole for juveniles, arguing that even the worst young offenders should be allowed a chance, at some point, at rehabilitation.

It's an issue that strikes at the core of our views about the role of prison and how much compassion, understanding or trust we are prepared to extend to people guilty of murder. Do we see prison as a place of punishment and permanent exile, or a stopover on the way to possible rehabilitation and reintegration? What about public safety? Is it possible to change a "bad seed"? And is the concept of a second chance something we keep at the heart of our justice system?

Or do we believe that some crimes are so horrific that their young perpetrators are beyond rehabilitation and should never be let loose again?



GUILTY AS CHARGED
Clockwise from top left: convicted killer Stephen Jamieson; the car park near Sydney's Sutherland station, where Janine Balding was abducted; Carol Arrow, who was charged as an accessory to Balding's murder.

Janine Balding was feeling excited when she left work in Sydney's CBD at 4.30pm on September 8, 1988. The 20 year old, wearing her green State Bank uniform and with a mop of curly hair framing her smiling face, had a home loan application in her handbag to fill out with her fiancé, Steven Moran. The couple were due to be married the following March.

A few blocks away, five young people – four boys and a girl – had met by chance at a home-

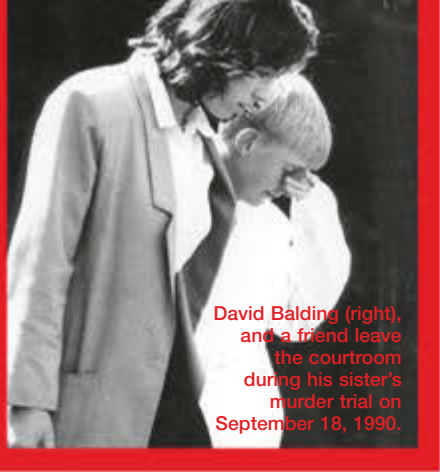
less refuge. They would spend the next 48 hours wandering the streets, stealing food, swigging booze and sleeping in empty train carriages, until one made the chilling suggestion that would become a recurring headline: "How about we go and get a sheila and rape her?"

Soon they were on the train to Sutherland, in Sydney's south, terrorising school kids and taunting commuters with a pornographic magazine.

Janine, known as Neenie to her family, was also heading for Sutherland station, where her car was parked after she had stayed at her fiancé's house the night before.

The homeless gang initially approached 19-year-old Kristine Mobberly in the Sutherland station car park and asked for money. After she spotted a knife in the hand of one of the boys, she locked her car doors and sped home to tell her partner. The couple went to Sutherland Police Station and reported the incident, but, on their way back home, they were horrified to see a woman in a green State

Life ruling locks in killers No way out for



David Balding (right), and a friend leave the courtroom during his sister's murder trial on September 18, 1990.

Bank uniform being hassled by the same group beside her car. They drove back to the police station, but by the time officers arrived at the scene, the car was gone. Mobberly would later say she would forever live with guilt.

Three of the youths – Bronson Blessington, 14, Matthew Elliott, 16, and Stephen “Shorty” Jamieson, 22 – forced Janine into the back seat of her car and pinned her there. They drove off and along the way, Elliott raped her while Blessington held a knife to her throat and Jamieson held her legs apart.

In the front seat, Carol Arrow, 15, gave her boyfriend, Wayne Wilmot, 15, a blow job as he drove the stolen car along the freeway, somehow oblivious to the horror behind them. (They would later be convicted as accessories.)

Janine begged to be let go. She promised she wouldn't report them. However, Blessington, Elliott and Jamieson continued to rape her repeatedly. Elliott forced his penis into Janine's mouth to stifle her screams. He sliced her skirt off with a knife to frighten her and Blessington used it as a gag.

Wilmot pulled off the freeway to a shallow, hidden dam in Sydney's outer west where, in the fading evening light, they dragged Janine out of the car, over a barbed wire fence into the mud.

They raped her several more times as she screamed in pain. Then, the talk turned to murder. Using a rope from the car, they hogtied Janine in a foetal position and held her face down in the shallow water. She was stripped of her engagement ring, which was sold the next day, and her bank card, which was used to withdraw \$300.

In a final act of helplessness, Janine grasped a clump of waterweed with her left hand.

David Balding, who was 10 years old when his sister was murdered, says his mother stayed strong until she died in 2013, attending every court date, and forever campaigning to keep her daughter's killers in jail. Janine's father, Kerry, still works as a joiner in the NSW town of Wagga Wagga with David. Her fiancé, Steve, married in 1991. Witness Kristine Mobberly is still close with the Baldings.

“In Mum's mind, there was nothing we could do for Janine, but it's the next family, it's the next girl,” says David. “Those low-lives should never come out of jail. They've got nothing to offer society. My sister doesn't get a second chance, so why should they?”

The NSW government rejected the UN's findings in November and has no plans to release the men, a response that came as a relief to the Baldings, who were horrified by yet another application for release.

Ruth Barson, a senior lawyer from the Human Rights Law Centre who represented Elliott and Blessington in the UN case, stresses that the question considered by the UN was not whether the two convicted men should be released, but about the legality of a system that doesn't allow for even the consideration of rehabilitation.

“This was an exceptionally horrific crime, so I don't think anybody could argue these two young people should not be in prison,” she says, “and neither do Blessington or Elliott. The question is, do they at some point in their lives get an opportunity to prove they can be released?” She says child criminals should be, and almost always are, treated differently from adults, just as under-18s aren't allowed to vote or drink or drive.

Experts now know that brains don't fully develop until the age of 25. In the case of Blessington and Elliott, they had a mental age of around 10. They were

products of broken homes, kicked out on the streets, sexually abused, addicted to drugs and seriously impaired. Even the judge observed that the boys may have had “diminished responsibility” due to their mental condition and had good prospects of recovery. But he still recommended they never be released.

Research overwhelmingly shows that locking up children, especially those who have been abused and downtrodden as much as Blessington and Elliott, has a profoundly negative impact and makes them even more violent. It's the least effective form of rehabilitation and the most expensive form of punishment, especially for juveniles. According to the Australian Institute of Criminology, jails are “universities of crime” that only increase crime rates.

It's why it has been widely accepted in most Western countries, including Australia, since the mid 19th century that juveniles should be treated in a

“
I don't believe people like
that can be rehabilitated. They
were the dregs of society

- former policeman Steve Pearson

”
separate system that recognises their
inexperience and immaturity.

In Spain, nearly every juvenile offender is sent to remote “re-education” centres, each with different levels of security, under a scheme introduced in the 1990s that operates on a different philosophy. In line with UN principles, it's closer to “tough love”: nurturing and educating offenders rather than treating them as inmates to be controlled and further corrupted. Psychologists visit the detainees every day. Staff can ask judges to reconsider sentences at any time.

Such a system turns out to be much cheaper than a conventional

Teen killers' life sentences attacked

Balding duo

It was a barbaric murder that shocked the nation. Now the UN says Janine Balding's young killers, sentenced to life, never to be released, were given the opportunity of a

‘How about we go and get a sheila and rape her’
W

prison and, its proponents argue, much more effective. Its main operator, an NGO called Diagrama, claims a 70 per cent reintegration rate for its offenders, in stark contrast to Australia, where more than 60 per cent of young prisoners reoffend within two years of release.

In Australia, some states have achieved success with restorative justice, which puts the victim and offender together for a mediation process, or juvenile engagement programs with education, family or leisure pursuits. Even the simple act of offering a voca-

when the jury wasn't watching. Elliott would look to Bev Balding in the public gallery with half a smile.

"I don't believe people like that can be rehabilitated," he says. "They knew what they were doing. I saw a lot in my 27 years with the police, and they were the absolute dregs of society."

A string of high-profile crimes committed by offenders while on parole has bolstered the argument that such criminals can't change. Wayne Wilmot, who served eight years for his part in Janine's abduction and rape, committed an almost identical crime when he was released. In the UK, Jon Venables, one of the infamous child killers of toddler James Bulger, also committed further crimes.

But juvenile justice experts say many young prisoners aren't being rehabilitated because we give them little chance.

Blessington and Elliott were thrown

into hardened prisons straightaway. By 18, Blessington was in Goulburn Supermax, dubbed "the killing fields" for its many in-house murders, and Elliott had been put into protective custody because he gave evidence about an inmate-on-inmate assault and became a target himself.

It becomes a tragic Catch-22, says Ross Homel, an internationally renowned child criminologist from Griffith University. A child offender's chance of release becomes slim if they are brutalised in prison. But that child was given little chance by being thrown there in the first place.

"We're often punishing kids for being victims themselves," he says. "The consensus, based on overwhelming evidence, is that sending people to jail is not the answer but unfortunately public opinion is where it was in the Stone Age."

He thinks it says more about us as a society, rather than the offenders, that we tell some children there's no chance they can change.

"I just don't accept that there's never any hope for change," he adds. "[Elliott and Blessington] committed a heinous crime and needed to go to jail, but there should always be some hope for change. Otherwise, what are we as a species?"

Ruth Barson said the two men, now in their 40s, have accepted culpability and it "weighs incredibly heavily on them". While not much more is known about Elliott's life in prison, Blessington insists that he has become a radically different man. He converted to Christianity at 16 and said he "weeps endlessly" for the things he has done.

In 2005, Peter Breen, a former NSW politician, who adopted Jamieson, Elliott and Blessington's cause, said Blessington is "living proof that children who make mistakes literally grow out of their problems, that juvenile offenders can be rehabilitated and that giving people a second chance is ... at the heart of the justice system".

When he was in parliament, Breen read out a letter from Blessington: "I am extremely remorseful for my part in the crimes I was charged with and I'll be the first one to say that I deserved to get a big sentence. But to leave me with nothing to hope for in this life is 10 times more severe than a death sentence. My father said it would have been more human for them ... to have hung me when I was 14."

Many years after Janine's death, several lawyers and a former judge appeared on TV for a panel discussion opposite Bev Balding. One after the other, they all said they were "appalled" that a child would be imprisoned for life.

Blessington's grandfather, Mat, who spent some years raising the boy and has since passed away, told the diminutive mother from country NSW that she needed to forgive his grandson, as much for her own recovery process.

"My answer is no way," replied Bev. "Never ever." □



WHOSE RIGHTS PREVAIL?

Left: Janine's mother, Bev, and brother, David, outside the High Court of Australia during Blessington and Elliott's 2007 appeal. Right: former NSW politician Peter Breen was a keen advocate for the men's rehabilitation.

tional education training program can make a huge difference; a study in Queensland found that only 23 per cent of trainees returned to prison after two years. Such programs, however, are often politically unpopular and seen as being "soft on crime". Had they been offered to Blessington and Elliott, could they have been rehabilitated?

Policeman Steve Pearson doesn't have much time for those who killed Janine. As the case's lead forensic investigator, Pearson scoured every inch of the dead woman's muddy resting place and, to prepare for trial, delved into the street-urchin culture for two years. Her killers were far beyond help, he decided.

Their attitude throughout the trial was "couldn't give a shit", he says. They mouthed obscenities at journalists



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MY WEEK OF DOING EXACTLY WHAT I WANT

What if we stopped doing the things we're *expected* to do, and only did the things we *wanted* to? Poppy Logan took the “*should-less*” challenge

When was the last time you woke up and thought, “What do I *want* to do today?” This was the question my friend recently posed as five of us piled into a hatchback at midday on a sweltering summer's day. We were headed for our third baby shower in three weeks. Buried under a pile of pastel

tributes in the back seat, I thought the question over.

When was the last time I did something just because I felt like it? Lately, most weekends (and a large portion of my disposable income) had been consumed by a flurry of engagement parties, hen's nights, high teas, weddings, baby showers, naming days and kids'

birthday parties. On top of that, I spend a lot of time burning through a bunch of life chores, which, like my friends' offspring, appear to be constantly multiplying. There's writing and housework to do, a gym membership to use and some Sundance doco all my friends were talking about to get through.

Even the television shows I watch are often work-related or motivated by some indirect form of peer pressure (I didn't want to be the *only* one not keeping up with Carrie Mathison). Everything from what I ate to how I spent my money was rooted in a vague sense of what I *should* be doing. What I *felt* like doing was something which I hadn't given much thought.

Later that evening, staring down the start of an exhausting week, I sought the advice of my good friend (read: the internet). There, along with the obvious tips for managing time ("get up earlier!") and the questionable ("Don't ever go to the bathroom," suggests former New York Mayor Michael Bloomberg) was a solution both sane and revolutionary – don't do anything at all. Take a "should-less" day.

Unlike a lot of contemporary wisdom, "the world's most pleasant productivity hack" – as it was dubbed by business magazine *Inc.* – doesn't come from a 27-year-old Silicon Valley tech billionaire, but from octogenarian actress Ellen Burstyn. At 82, Burstyn has an Oscar and two Emmys under her belt, continues to make a few movies a year (most recently the blockbuster *Interstellar*), is co-president of The Actors Studio alongside Al Pacino and Harvey Keitel, and is on more boards than I care to list – so she knows a thing or two about getting stuff done.

"I have what I call 'should-less' days," she said in an interview for the American podcast *Death, Sex And Money*. "Today is a day where there's nothing I should do. So I only do what I want to do. And if it's nap in the afternoon or watch TV and eat ice-cream, I get to do it."

It's pretty hard to picture Ellen Burstyn eating from a tub of Ben & Jerry's and watching *Seinfeld* reruns in

her trackpants. For a start, her silver coif is so perfectly tousled you could surf in it, and she appears to travel everywhere in a soft cloud of faintly iridescent champagne scarves.

But however far removed from regular people Burstyn might appear, there's an element to her should-less day that strikes a chord with me – and, likely, any woman over the age of 25. "I have wiring in my brain that calls me lazy if I'm not doing something," she explained. The should-less day is a conscious effort to reject that nagging internal voice.

According to Dr Paul Atkins, Department of Psychology at Australian Catholic University, there are two kinds of "should". "There's the kind where we say, 'I don't really want to do this, but I will because I believe in its value.' That's generally associated with very positive outcomes." Then there's the kind Burstyn talks about. "This type of 'should' is called introjected motivation, which is when you do things because you'll feel guilty or ashamed if you don't. That is associated with very negative outcomes."

Watkins chalks up the second kind to constant social comparison and our daily bombardment with images of what a successful life looks like. "Society seems to equate happiness with having more of everything. And, of course, if

you want more of everything you've got an endless to-do list."

So could something like this work for normal people? I resolved to find out by road-testing a should-less lifestyle for one week.

monday

As much as I'd love to forgo work entirely, gainful employment is more a need than a "should". However, there are plenty of other shoulds to cull from my morning. I hit snooze – twice – and make up the extra time by not washing my hair. I've always felt reluctant about soaping my scalp. Unlike teeth, hair won't fall out if you fail to wash it. Clean hair has no place in my should-less week.

My day plays out the same way it usually would, only I have a burrito for lunch in place of my regular home-made salad, followed by a frozen pizza for dinner. For dessert, I eat yoghurt (not the fat-free kind) directly from the container without checking the expiry date. Now we're *really* living!

Instead of going for the usual post-work run, I spend the evening sitting in the bath, drinking wine and listening to podcasts.

tuesday

Wake up very late. On the train to work I re-listen to all the podcasts I've ▶

I HAVE A BURRITO FOR LUNCH, FOLLOWED BY A FROZEN PIZZA FOR DINNER. FOR DESSERT, I EAT YOGHURT (NOT THE FAT-FREE KIND). NOW WE'RE LIVING!





already forgotten. Wine may be good for the heart, but it does not aid short-term memory.

The prospect of a green juice and a healthy salad for lunch physically repulses me, so I follow my should-less instincts back to Mad Mex. Instead of catching up on news headlines during lunch, I read a list of “10 celebrities who are probably smarter than you”.

After work I decide I don’t want to cook even though it’s my turn, so I text my boyfriend to let him know I’ll pick something up on the way home.

Food shopping without any guiding principles turns out to be more challenging than you might expect. No fruit, no vegies and especially no kale, I promise myself. Instead, I arrive home with corn chips, tiny French pickles, cheese, chocolate pretzels, a baguette and those salami straws that are the seafood extender of the sausage world. My boyfriend is not impressed, but concedes that the chocolate pretzels are greater than the sum of their parts and go surprisingly well with pickles.

wednesday

Halfway through the day I receive a text from a high school friend, who only ever wants to see me to complain about her husband, asking to “catch up”. No matter what the pretext, the true impetus for the rendezvous always reveals itself when she sighs halfway through her third whiskey sour that “he just doesn’t get me anymore”. I’m all for being a shoulder to cry on, but it’s nice to experience other parts of the friendship anatomy, too. I tell her I’m snowed under this week and feel a pang of guilt, followed immediately by relief.

That night, sitting at home with a glass of sangria (the box kind) and a burrito, I chat to my friend Alex on the phone about my bold new lifestyle experiment. “Aren’t you scared?” she asks. “I wouldn’t want to know what I’d be like if I stopped doing all the things we’re supposed to. I mean, what if it turns out that underneath you’re just not very nice? What if you’re like a hor-

rible shut-in wine monster who just sits around eating burritos all day?”

I resolve to switch to sushi.

thursday

Alex’s comment was playing on my mind. Could there be a *bad* way to do what you want? Perhaps other, nobler people were using their should-less days to learn French or write haiku?

I reach out to Tom Hodgkinson, founder of The Idler Academy in London and author of several books, including *How To Be Idle*. (He’s the busiest lazy person in the Northern hemisphere.) If anybody could give me some guidelines on living should-lessly, he was the one.

After an enthusiastic email exchange in which Hodgkinson agrees to answer some questions, the world’s foremost advocate for laziness doesn’t get back to me.

I’m on my own.

friday

By Friday I’m feeling emotionally lighter but physically heavier. (There’s a reason no-one ever uttered the words, “Everything you see, I owe to burritos.”) I don’t really want to know if I’ve gained weight, so in the spirit of the experiment I don’t bother checking.

Though I’m definitely less stressed, I’m twice as exhausted. And not doing things is less fulfilling than it was at the start of the week. I don’t even enjoy withholding “likes” from my friends’ humblebraggy Facebook posts.

I was planning to have a quiet night, but instead decide to accept a last-minute invitation to an acquaintance’s film screening. I get chatting to lots of new people and think, “This is what the should-less week is for – making space in life for new people and experiences.” The good times continue at a nearby cocktail bar.

saturday

The good times end. Every person I know calls with an invitation to

participate in some idyllic-sounding activity at a park/cafe/beach and all I can do is whimper variations of “I’m dying”. I’ve spent the entire week doing exactly as I please and now, finally, something I desperately want to do and it’s been precluded by the previous night’s wants.

I get a pizza delivered and spend the afternoon watching *The Walking Dead* in bed in my underpants. This brings me less joy than expected.

I ARRIVE HOME WITH CORN CHIPS, PICKLES, CHEESE AND CHOCOLATE PRETZELS. MY BOYFRIEND IS NOT IMPRESSED

sunday

I wake up early and just as I’m about to tell my friend that I won’t make our weekly trip to the farmers’ market, I realise that I actually kind of *feel* like cooking something. And I could almost go for a green smoothie.

In the end, not doing the things I “should” had just served to remind me of why I started doing them in the first place. Eating well, exercising, washing my hair and treating burritos as a sometimes-meal instead of their own food group – I do those things because they make me feel good.

The week had also given me a chance to distinguish between the things I did because I felt they were expected of me and the things I truly valued. What’s more, by getting rid of the former, you create space for the latter. Imagine, for instance, if everyone who hates washing their hair spent the extra 20 minutes a day doing something nice for a neighbour.

Of course, most people can’t spend a week doing exactly what they want, but what about a should-less afternoon or even a should-less hour? Sometimes all you need is a bit of distance. You should really try it.



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A fashion advertisement featuring two models in a modern, minimalist setting. The model on the left is seated on a white chair, wearing a white long-sleeved shirt under a dark vest and dark, wide-leg trousers. She has long, wavy brown hair and is looking directly at the camera. The model on the right is seated on a yellow chair, wearing a white long-sleeved shirt under a dark, pinstriped blazer and a dark, pleated skirt. She has long, straight brown hair and is looking directly at the camera. The background is a solid olive green wall. The floor is covered in a dark blue carpet. The text "VERONIKA" and "MAINE" is overlaid in large, white, sans-serif capital letters across the center of the image.

VERONIKA MAINE



GRAND DESIGNS

In his first spring/summer show for Louis Vuitton, creative director Nicolas Ghesquière dazzled with '70s influences set against a futuristic backdrop. *marie claire* publisher/editor Jackie Frank was given exclusive backstage access

It wasn't lost on guests that the venue for Nicolas Ghesquière's spring/summer 2015 collection for Louis Vuitton looked like a spaceship. He has, after all, been charged with steering the heritage brand into the future. Perched above a pond within Paris's famous Bois de Boulogne park, the new Frank Gehry building resembled an intergalactic machine glistening in the sun. Inside, there were stark diagonal spotlights, UFO-inspired lighting, and the models' faces projected onto screens.

But if guests expected to be transported into a galaxy far, far away, Ghesquière had more surprises in store. Models wore A-line designs, featuring '70s touches – multi-textured crochet and lace, velvet, and geometric patterned eel.

In an exclusive interview, Jackie Frank spoke with the creative director about his new wardrobe classics.

JACKIE FRANK: Tell us about the amazing setting.

NICOLAS GHESQUIÈRE: The architecture of the new building is so splendid ... Frank Gehry is projecting us into a new world, so I wanted to push the limit [too]. When people walked in, I didn't want them to feel like they were in a room. ▷

MAN OF THE MOMENT

Nicolas Ghesquière says he wanted guests at the show to feel like they were lost in a moment of space and time. "To give people the experience of walking in from the outside worlds and [instantly] losing all references."



JÜRGEN TELLER/LOUIS VUITTON; HEADPRESS

HE'S GOT THE LOOK

Ghesquière consulted fashion-show stalwarts Pat McGrath and Paul Hanlon to create a beauty look for the models that was both nostalgic yet modern. "It's very important to have exclusive [models] for Louis Vuitton – this year we had 17 – because of the characters [we wanted to create]," he says. "I love sophisticated natural beauty."



JF: What was your inspiration for the show?

NG: For me, it's about talking to women who have a desire for an easy wardrobe, but at the same time want something that is fashionable. [Designs] that can be mixed effortlessly with freedom. It's not about an iconic look or making a statement. Instead, it's about diversity and multiplicity of composition.

JF: How do you personally prepare, in the lead-up?

NG: I am surrounded by many people who are supporting and working with me, so I'm not alone. This group dynamic is very important. It's also about embracing [the experience] full on, because it can be very intense.

JF: Do you get nervous before it starts?

NG: I am much more serene than in the past because the resources [of Louis Vuitton] make me quietly confident. But, of course, I get nervous because I am doing it with a lot of honesty. I'm putting myself out there.

JF: What is the biggest challenge you've faced?

NG: The recognition I received from the first season [autumn/winter 2014] was so positive so probably one of the challenges is to keep that frame of mind. [Also] to make a design just right – not too over-the-top, but also not too understated.

JF: How do you balance new ideas with Louis Vuitton's heritage?

NG: The *savoir faire* and craftsmanship is already enough of a transformation. When I design something, I propose it and start to elaborate on it, [those working behind the brand] grab it and make it "now" ... There is a very inspiring dialogue that takes place between my vision and the craftsmanship.

JF: Does this mean there is a restriction on what you can create?

NG: No. It's absolute creative freedom. But I am also very conscious of the size of Louis Vuitton and the way the brand speaks to many people. But that's not something I'm scared of. I'm very much enjoying having a louder voice. □



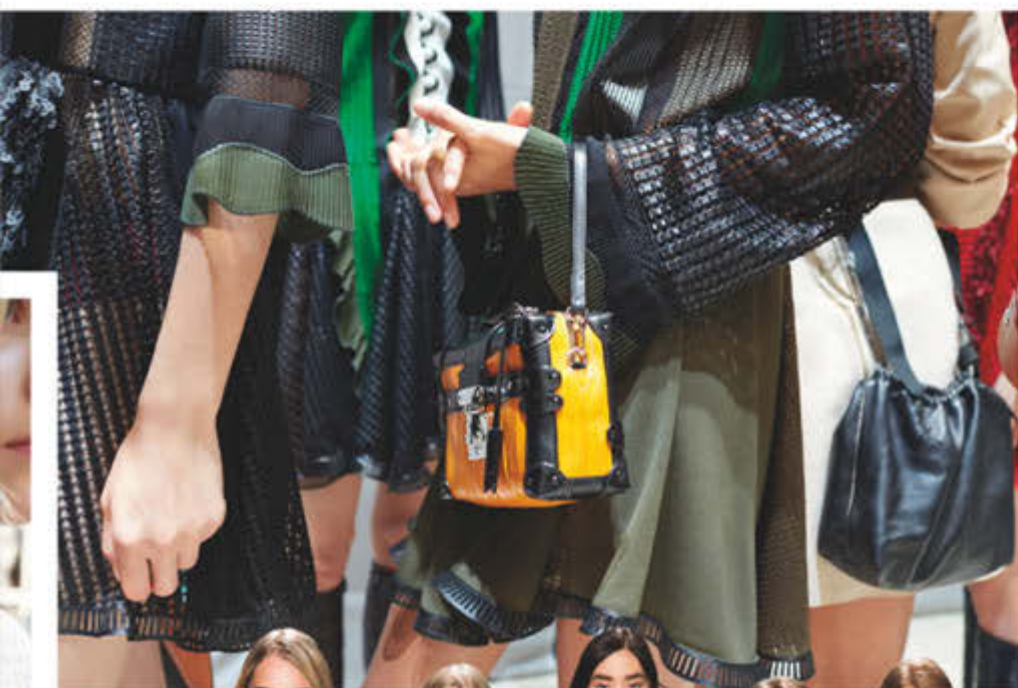


WATER FEATURE

Guests got their first look at the new Frank Gehry-designed Fondation Louis Vuitton building. It is home to several new galleries, and sits within the grounds of the Bois de Boulogne, a beautiful park on the outskirts of Paris.



marie claire publisher/
editor Jackie Frank with
Nicolas Ghesquière.



STAR SPOTTING

Front-row fixtures included Michelle Williams (left) and Jennifer Connelly. Below, from left: Miranda Kerr with actresses Haley Bennett and Mackenzie Davis.



RETRO REVIVAL

Classic shapes were showcased in a mix of textures and patterns. Exotic skins such as eel and salmon featured on accessories.



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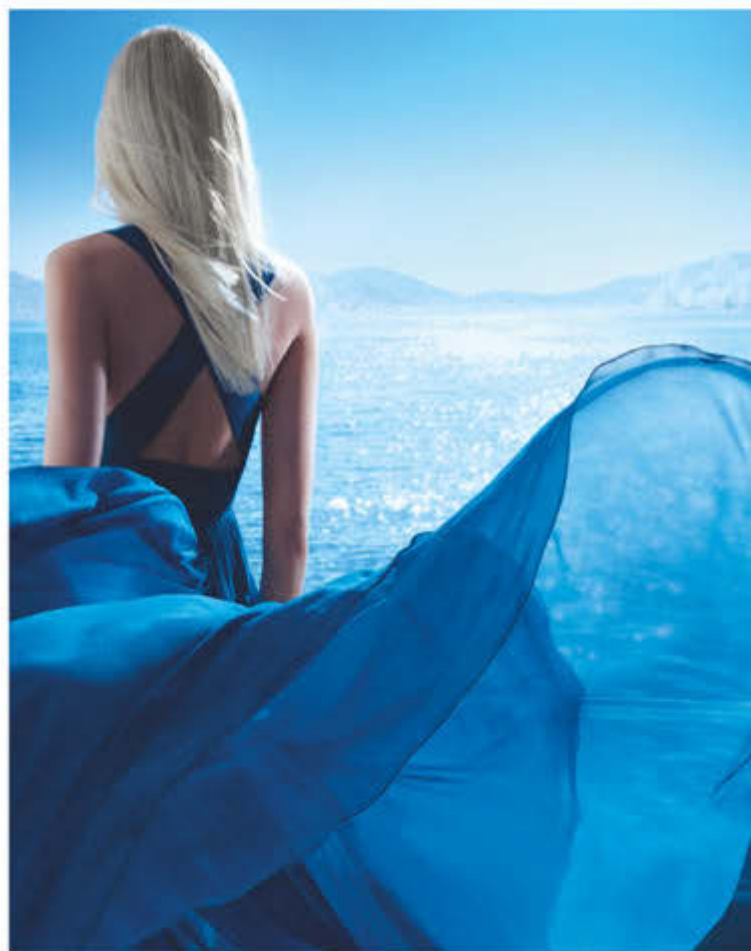


New
Resort Collection 2015



L'Eau Couture

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would you take a SEXCATION?

Sun, sea and sand is the traditional formula for a *fabulous getaway*. But adding some *sizzling sex* into the mix is the new way to *put the hot into holiday* as these women attest

“I WENT TO AN OVERSEAS ORGY”

Sophie, 30, works in the health industry. Originally from Melbourne, she now lives in London with her boyfriend Jackson*.*

Hot didn't even come close to describing the scene that faced my boyfriend Jackson, 40, and I as we walked into Ibiza's chic Pikes Hotel [now known as Rocks House]. Everywhere we looked there were beautiful people, kissing, touching, having sex. Some of the women were already stripping off their bikinis as other people writhed to the dance music pumping from the DJ box. Grabbing a glass of champagne and adjusting my sexy black lace cat's-eye mask, Jackson and I confidently joined the throng.

“The two of us had flown into Ibiza that morning for the three-day Killing Kittens sex party. We'd been members of the elite, ‘gorgeous people only’ sex club for the last year, going to several of the London events. When we heard

about the Ibiza party, we were desperate to go. The thought of a three-day long orgy attended by 120 other people, in a holiday destination we loved, in one of the coolest hotels on the island, was impossible to ignore. In the months leading up to the trip even the thought of going got me horny!

“Arriving in the summer heat, the temperature immediately had us in the mood for the holiday, and sex, of a lifetime. Of course, it didn't mean there were no ground rules. I don't have sex with other guys as that would feel like cheating, but, being bisexual, I can have sex with as many women as I want and Jackson can too, provided I'm involved. We also created a code word, ‘blue’, if either of us want out of a situation. Thankfully, we didn't need to use it.

“After arriving at the party we immediately started drinking and chatting with another couple. James* and Clarissa* were in their 30s and she was a gorgeous brunette wearing heels and very little else. It wasn't long before we had moved into one of the playrooms where people go to have sex. As our boyfriends watched us, she unzipped my black dress and we started kissing and touching.

“I locked eyes with Jackson as I orgasmed and, seeing how desperate he was for me, I extracted myself and we had such intense sex, loving the fact so many strangers were enjoying it too.

“For me the voyeurism is a huge part of it. I love watching and being watched and Jackson gets very turned on by how confident it makes me. Over those three days I honestly can't count how many times the pair of us made love. It was pretty constant.

“The second day was just as wild. The party started at 2pm and ran all night. We hooked up with James and Clarissa again and when we were exhausted it was incredible to just lie back and watch other couples, seeing what turned them on.

“The third day was definitely the crazy one. People were almost high on sex. I asked a single girl, Marise*, to join Jackson and I and things got wild. It was the perfect end to an incredible holiday.

“Back home we've relived the experience over and over. The first weekend back I don't think we left our bedroom. It's taken our sex lives to another level and I'm already fantasising about getting on the plane for our next sexcation.”

“HOLIDAY ROMEOS HEALED MY BROKEN HEART”

Kirsten, 36, is single and a drama student from Brisbane.*

Last year I ended a two year relationship with a boyfriend who had a gambling problem. It was a very stressful time and even before I got on the plane for my solo three-month trip to New York and Brazil I knew I'd be letting my hair down. There's something about holidays that mean you don't have to follow the same rules as in normal life, and I certainly did things on that trip I wouldn't have imagined back home!

“That first week in New York I had two one-night stands with guys who were travelling too. One was leaving on a plane the next morning and I loved how uninhibited that made the sex. It wasn't exactly mind-blowing, but as I lay back and let him pleasure me I took what I wanted knowing I'd never see him again.

“Wanting to meet more guys, I joined the dating website OkCupid and was immediately drawn to David's* profile. He was a writer and actor with a dark side to him that I found intriguing. Our first date was a tour around Brooklyn and after a few glasses of wine I agreed to stay at his place. I never would've done something so reckless at home, but in the US, I felt untouchable. That recklessness came with me into the bedroom as we ripped each other's clothes off.

“I didn't even baulk as he started biting me and when he asked if I was into bondage I nodded. It's not something I'd ever tried, but as he started dominating me, holding me firmly around the neck with one hand, at the same time slipping his other hand inside my pants, I'd never been so turned on. My orgasm was incredible and my need for him as he took me was like nothing I'd felt before.

“I saw David every night for the next two weeks and it was quickly evident that he was a massive womaniser. It didn't bother me at all. I had no expectations from him, other than amazing sex.

“Leaving New York and David behind me I'd gained a newfound confidence that exploded in Brazil. Again, via OkCupid I met a Brazilian called Lucas*. At 20, he was 16 years my junior and at first I was shocked at how young he seemed. But during our first meeting there was real electricity and, despite our language barrier, I found myself in his

“As I lay back and let him pleasure me, I took what I wanted knowing that I would never see him again”

uni dorm room at the end of the night. Compared to David he was an amateur in bed. In fact, I think I gave him his first experience, but far from awkward it was a massive turn-on. As I guided his hand and confidently showed him what I liked I felt so empowered and in control.

“Returning home to Australia I was like a different woman. My flings had helped heal my broken heart. Being able to feel so free and away from judgement allowed me to discover and be myself, both sexually and otherwise. I learnt a lot about myself and I'm happier as a result.

“I've not had any such crazy experiences back in Brisbane and that's fine. Neither David nor Lucas would fit into my real life, but as holiday Romeos, they were perfect.”

“MY HOLIDAY FLING WITH A FEMALE FRIEND RAMPED-UP MY SEX LIFE”

Mia, 29, is a single beauty therapist from Melbourne.*

Anna* and I had worked in the same beauty salon for a few years and being single, spent a lot of time out clubbing and drinking together. We'd been on holiday to the Gold Coast before and when she suggested a trip to Bali I knew we'd have a brilliant time. Anna and I had the same

agenda for a week away – getting a tan, having some beauty treatments and meeting guys. I'd not had sex in months and I was ready for a no-strings romance.

“Going out that first night, all the men who approached us were sleazes. The next few nights were the same. Although we were having a great time, men were slipping off our priority list.

“On our penultimate night we stayed in our hotel room drinking wine. As talk turned to sex, Anna threw

in that she'd always wanted to try having sex with a girl. I laughed it off. I'd never been interested. But as we drank more wine I started wondering if it could be now or never. The more I thought about it the more excited I got. Drunkenly, I suggested Anna go and have a shower and that I'd give her a massage.

“When I started massaging Anna's back it felt so natural, just like when I'd given her massages at work. But when she turned over I didn't cover her breasts with a towel like I usually would. It felt so sexy as I worked the oil over her nipples and then nervously kissed her. As she kissed and started touching me back it was nice but weird too. I had an orgasm, but it wasn't the most incredible one. Afterwards, as we lay next to each other, I felt a bit sheepish. I think Anna did too, and although we giggled about it sober the next day, it didn't happen again.

“Back home we didn't really talk about it. We were still friends, but there was a level of awkwardness between us that wasn't there before. Perhaps we would have drifted apart anyway, but today, three years on, we're not in touch.

“The unexpected consequence of that night is that it's ramped-up my sex life with men. When I tell guys about it, it's like they feel they're in competition and are consequently more giving in bed.

“Looking back I don't have regrets. I know when I'm old and grey that holiday fling will be something I will feel secretly proud of. Not everyone is brave enough to experiment, and that holiday gave me the opportunity to do just that.” □

A woman with short brown hair is posing in a black leather motorcycle jacket, dark blue jeans, and black high-heeled pumps. She is standing on a concrete surface in front of a wall with horizontal white and blue stripes. The text "JAG. MADE TO FIT" is overlaid in white.

JAG. MADE TO FIT

15 NEW DENIM FITS

marie claire world wrap

EMPOWERING EXPEDITION

Clockwise from below: model and World Vision Ambassador Jessica Gomes shares a laugh with community leaders, Allesandra (left), and Gomez (right), in Peru; she gets friendly with an alpaca; and encourages local schoolchildren.



PERU

ROLE MODEL

A trip to South America opened Jessica Gomes's eyes to just how much of an impact education can have on women's lives

When Jessica Gomes travelled to Peru in August last year, it wasn't for a glamorous beachside photo shoot or a turn on the catwalk, but as the newest ambassador for World Vision Australia. There, the model – and face of David Jones – spent a week seeing firsthand how the aid organisation is empowering women through healthcare, education, and small-business projects. "I learnt so much from this trip," says Gomes, 29. "I felt privileged to be a witness to everything World Vision does in Peru."

MC: Before the trip, what were your expectations?

JG: I was nervous. It was my first time in Peru and I

didn't know what to expect. But I was ready and I couldn't wait to get my hands dirty and get involved.

MC: What are the problems facing Peruvian women and children today?

JG: We take education for granted, but it is one of the most important things. The education that World Vision gives children and women changes their lives. They teach women how to set up a business, like alpaca farms, they teach them how to make money from knitting and weaving, and they teach them important health and hygiene skills. Giving women this knowledge gives

them power, and it's so inspiring to see.

MC: What were the hardest things you witnessed?

JG: I visited a clinic for children with Down syndrome and cerebral palsy in Lima, where mothers could take their children during the day. To see these women fighting for their children, trying to get access to support and specialist health care ... that was really emotional for me.

MC: Why did you become a World Vision ambassador?

JG: I fell in love with the way World Vision approaches



[aid] and felt compelled to be a part of it all. They're not only about giving money, but also about making their projects sustainable so that these communities can move on by themselves.

MC: What did you learn?

JG: The trip was such an eye-opener for me. We live such a "cushy" life in Australia and I'm so glad I got out of my comfort zone.

MC FACT Australians sponsor nearly **10,000** Peruvian children through World Vision.

DENMARK

LIVING DANISHLY



In 2013, the World Happiness Report (yes, such a thing exists) named Denmark as the world's happiest country. But is it truly a blissful, Scandinavian paradise? That's what Helen Russell, a British journalist living in Denmark, tries to answer in her new book, *A Year Of Living Danishly* (Allen & Unwin, \$27.99).

MC: What's the secret to Danish happiness?

HR: They're very trusting. [They believe] everyone is essentially a good person. Also they drink a lot, have really good pastries, and the perfect work/life balance: most people leave work at 4pm. What's not to love?

MC: What about their famous social welfare system?

HR: Denmark is a great country to be a woman. The maternity and paternity leave systems make it so easy to bring up a family.

MC: What's one way to make your life instantly happier, Danish style?

HR: Danes are big fans of designer lighting. Everyone looks better by [low] light!

MC: Are Danes really the world's happiest people?

HR: It's not a rolling-on-the-floor happiness, but yes, Danish people have a very good life.



US photojournalist David Guttenfelder discovers the extraordinary in the ordinary in his Instagram series on North Korea.

NORTH KOREA

THIS IS NOT YOUR AVERAGE INSTAGRAM ACCOUNT

An Instagram account is usually the stuff of green smoothies and beachside sunsets. Not so photojournalist David Guttenfelder's @everydayDPRK Instagram page. Instead, the 45-year-old American uses Instagram to offer an unprecedented look at everyday life inside one of the world's most repressive and secretive nations: North Korea.

Guttenfelder, who has travelled regularly to the country over the past 15 years, started the account in 2014 "to show the real people, the real lives, and not just a state-sponsored view of the country", he explains. The images that the account

(which has 24,200 followers) shares are fascinating in their normality – workers on their daily commute, teens lining up at a water park,

FACT

North Korea accepts only
6000
tourists
each year"

a woman on top of a lookout tower in traditional dress, her skirts blowing in the wind. "It sounds elementary to say this, but outside the hostile

relationship North Korea has with the world, there's real people there with real lives," he says. "People take the bus to work in the morning, they play sport in the park, they fall in love. These are normal struggles that aren't unique to North Korea. There are so many things that we share."

Since its inception in September last year, the account has added six other contributors – none of them professional photographers. Andrea Lee (@andreaure), a New York-based tour operator who travels often to North Korea, is one of them. "There's an incredible raw beauty to the country," she says. "People don't always see that." >



AFGHANISTAN

SOWING THE SEEDS OF HOPE

Saffron is the world's most expensive spice, but on the arid planes of Ghoryan province in war-ravaged Afghanistan, this exotic ingredient is changing women's lives.

After decades of conflict, an estimated two million[‡] women have been left widowed. With few options to support themselves and their children, many end up working in the illegal, Taliban-controlled opium-poppy trade or relying on intermittent drops of food aid. Enter the Ghoryan Women's Saffron Association, founded by local businesswoman Sima Ghoryani in 2009. An agricultural cooperative, it offers 600 widows the chance to earn a living harvesting the luxe ingredient.

It has been a lifeline for women such as Afarin, 29, who lost her husband in 2007. "Without the association my children would be hungry," she says. "Now my life is better ... When I look at this field of flowers, I smile."

Saffron is also good for Afghanistan's farmland, as the soil has been depleted by the production of opium poppies. Experts hope that saffron, a water-light crop, could help repair the nation's farmland, as it repairs the lives of women.

This exotic ingredient is changing women's lives



AUSTRALIA

meet the nappy collective

A Melbourne-based group is gathering Australia's surplus nappies to give to disadvantaged families

You can have a light-bulb moment anywhere. For Sandra Jacobs, 35, it was in her kitchen in 2013, while clutching a pack of nappies her toddler had outgrown. The Melburnian decided to donate them to a local women's shelter. "But I couldn't give them just six nappies," explains Jacobs.

She decided to bolster her offering via social media, asking other parents to donate their children's unused nappies. Jacobs was overwhelmed by the response: 1500 nappies were sent in, and so, The Nappy Collective was born.

Today, the charity is run by five Melbourne women and, at three nationwide collection drives last year, they gathered 226,000 nappies to be distributed among



women's shelters around the country. Jacobs says their success is simple: "You don't have to be a multimillionaire to be a philanthropist," she says. "We can all do something to help." Visit thenappycollective.com.

GLOBAL

BILLION-DOLLAR CLUB

The number of self-made female billionaires is on the rise. Here's five businesswomen we admire and who built their fortunes themselves



Elizabeth Holmes

This 31-year-old US college dropout, made her billions via the blood-testing company she founded. Today, she is worth \$4.5b, making her the world's youngest female self-made billionaire.



Sara Blakely

Is there a pair of Spanx lurking in your cupboard? If you said "yes", then you will have contributed to the 43-year-old's billion-dollar fortune.



Folorunsho Alakija

The second richest woman in Africa, Alakija, 63, has earned \$2.5b drilling for oil in her native Nigeria.



Zhang Xin

The real estate tycoon (Xin, 49, is responsible for much of Beijing's skyline) is worth \$3.7 billion.



Denise Coates

This 47-year old Brit has racked up \$1.6 billion by founding one of the world's biggest online gambling sites. □

MC FACT

On average, a family spends up to **\$3000** on nappies every year.^{*} There were **172** female billionaires in 2014.[†]

NAPOLEON
PERDIS



THE PROFESSIONAL TOUCH

Choosing the right makeup that works for you is essential, but it's only half the battle. To make the most of your products you need to apply them with finesse, so it's vital you use the correct tool for the job. With Napoleon Perdis' extensive range of professional brushes, you can select the perfect partner to shape, sculpt and define your eyes like an expert. You'll feel the difference; you'll look the part.

**IF YOU'RE PERFECTING
A PROFESSIONAL LOOK,
YOU'LL NEED A
PROFESSIONAL BRUSH.**

NAPOLEON PERDIS

Gwyneth

She's a *movie star* (appearing in this month's crime caper *Mortdecai*), *entrepreneur* (the brains behind the lifestyle phenomenon Goop), and *champion of women* (despite what you may have heard). Why should Gwyneth Paltrow have to defend her success?

Answer: *She shouldn't.*

By Nell Scovell





Sitting on her couch at home for two hours straight, Gwyneth Paltrow blushes (twice), cries (a little), laughs (a lot), and attempts – with varying success – to express her feelings. In short, Paltrow is human. And if the range of emotions doesn't convince you, the sitting-on-the-couch-for-two-hours part should.

Paltrow is usually represented in two dimensions – either on-screen or online – which makes it easy to forget that she's not a comic-book character, although she plays one in the blockbuster *Iron Man* movie series. In three dimensions, Paltrow fleshes out into a thoughtful, funny, imperfect, and complex person. It is these qualities that made her well-suited to play Jane Austen's comic heroine Emma in her breakout role in 1996. A rare American who can play British, Paltrow is back in the "English saddle" again, playing Lady Mortdecai opposite Johnny Depp's Lord. The crime caper *Mortdecai* is in cinemas now and also stars Ewan McGregor – who last worked with Paltrow on *Emma*.

"It was surreal," says Paltrow of the double-decade time lapse. She and McGregor fell easily into reminiscing about that shoot. How they would bum cigarettes from the driver on the way to the farm where they practised riding horses and driving traps. "All three of us would be chain-smoking out the window," she recalls. "The driver was awesome." After work, they would hang out in small pubs, drinking and smoking. "You know, we were kids," she adds.

Paltrow, 42, now has kids herself – Apple, 10, and Moses, eight – and chain-smoking has been replaced by at least an hour of exercise, five times a week. But perhaps most surprising of all, acting is no longer her sole professional focus. She also writes bestselling cookbooks and is currently overseeing the expansion of Goop.com, her lifestyle website.

"She's become this other thing – this kind of entrepreneur," says Robert Downey Jr, her *Iron Man* co-star. "It used to just be she'd say, after we get the master shot, 'I gotta call and check on my kids.' And by the time we were doing *Iron Man 3*, if we weren't rolling, she was running her business."

Like most of the food it touts, Goop was organically grown. Its roots sprang from Paltrow's curiosity and willingness to share information. "If I have questions about a city or where to get my vagina waxed, I just email her," says friend Chelsea Handler.

Recently hired CEO Lisa Gersh admits that when she was running Martha Stewart Living Omnimedia, she would check out the competition. "Years ago, Gwyneth recommended this crazy conditioner from Christophe Robin," recalls Gersh. "And I still use it." Gersh jumped on board to turn the start-up

“She presents herself as she is and does not pretend to be someone she is not”

Stella McCartney

into a profitable company based on "contextual commerce". "You can find anything you want on Amazon," she says. "But what you want – you don't know."

For example, you might not know that you want a \$2295 lace bomber jacket or a \$685 coffee-table book set. But Paltrow insists that some of the items are there simply to showcase beautiful design. "It wasn't like I was buying everything," she says. "It's aspirational, even for me." Goop also offers an array of both practical and impractical advice, throwing around terms such as "spiritual ecosystem" and "favourite fishmonger". Who has a favourite fishmonger? Paltrow does. And she's not afraid to admit it. "She presents herself as she is and does not pretend to be someone she is not," says friend Stella McCartney. "I've always respected that."

Like Austen's Emma, Paltrow may lack a "common touch", but then her life

has never been common. For starters, her parents – actress Blythe Danner and the late TV writer/producer/director Bruce Paltrow – named her Gwyneth.

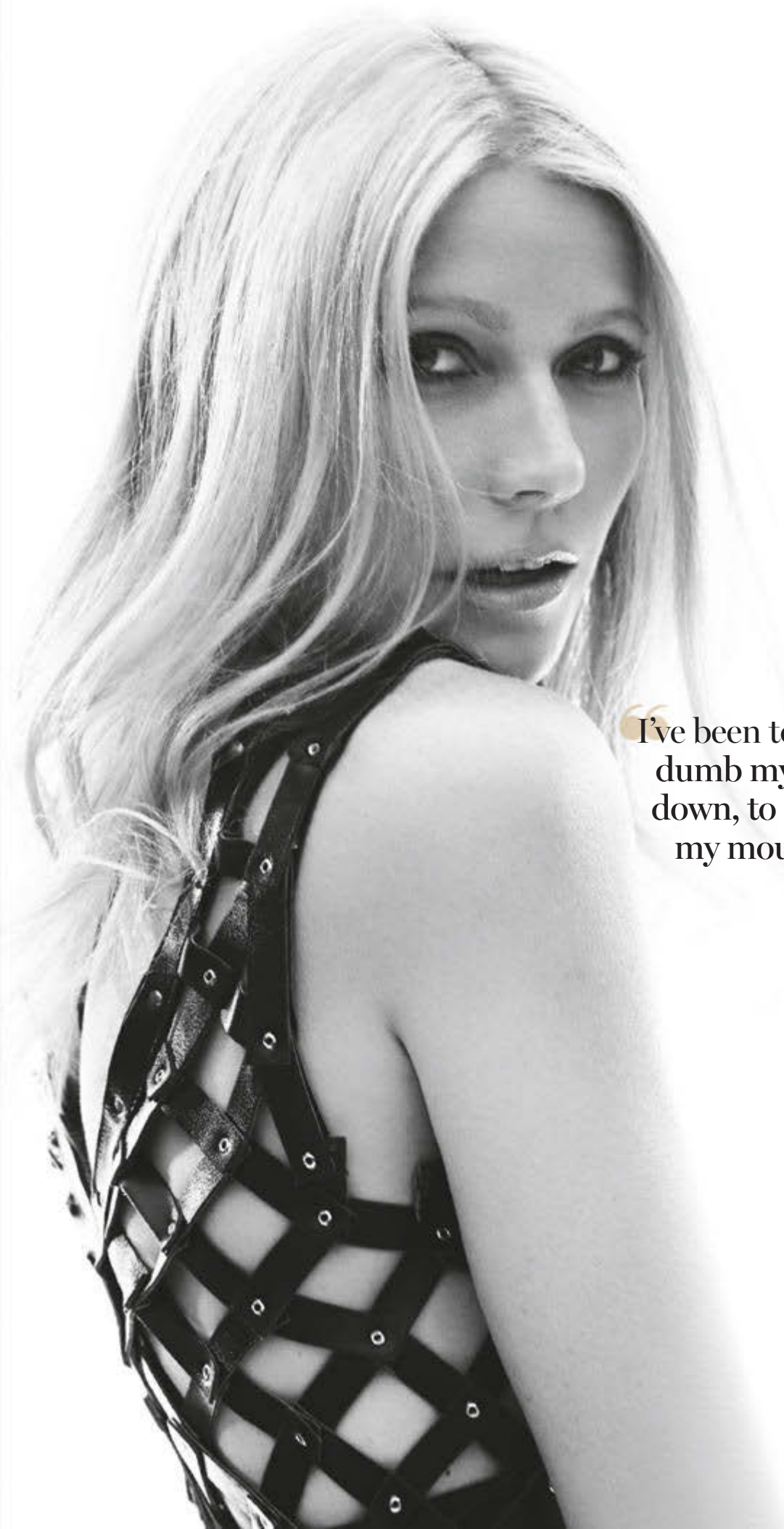
Even as a little girl, Paltrow lived large. Her name pops up in Anjelica Huston's memoir, *Watch Me*, during a story about a party in Aspen in the '80s. Don Henley was there. Jack Nicholson, too. And so was a "very pretty young girl, blonde and about 12 years old", who sat next to Huston, looked nervously across the room at Nicholson, and declared ... "Isn't he scary?" or something like that," interrupts Paltrow, finishing the story. Her face turns bright red with 30-year-old embarrassment. "Can you believe I did that?" she says. "When I found out Jack was her boyfriend – oh, my God!"

Around the same time, her family moved from LA to New York and Paltrow attended the Spence School (immortalised as the template for TV's *Gossip Girl*). Her parents wanted her to go to college, with Danner imploring her to "be an anthropologist". But Paltrow had other plans. "I really wanted to try to be an actress," she says. Plus, she admits, although her grades were solid, "my [final exam] scores were not very good".

Cut to an Upper East Side coffee shop, circa 1989. A talent scout approaches 17-year-old Paltrow and asks if she wants to read for a part in a movie about American heiress Sunny von Bülow. Without telling her parents, Paltrow auditions, using her mother's agent as a contact. Later that evening, her mother enters her room. "I knew I was in trouble, but I was also like, 'Wait, there's something else.' She was mad at me, but also ... beaming with pride."

"My agent just called," said her mum. "Did you go in on an audition?" Busted, Paltrow apologised. "Well, apparently you read very well, and they want to have you back." With her parents' blessing, Paltrow did her callback at *Reversal Of Fortune*. Charmed life, right? Except for a tiny detail ... she didn't get the part.

What has made her a success is not that she always gets what she wants, but that she's willing to keep working. ▶



“I’ve been told to dumb myself down, to shut my mouth”

Willing to take risks. “Gwyneth had early success, and it was merited,” says *Emma* director Douglas McGrath. “It was not her parents’ success.”

Paltrow racked up five movies in the two years after *Emma*’s release, including *Sliding Doors*. Downey Jr describes it as “a clinic on the quintessential modern female lead and how to properly execute it”. She also played a boy convincingly enough in *Shakespeare In Love* to win the 1999 Academy Award for Best Actress.

Winning an Oscar at 26 gets lost, partly because Paltrow never mentions it. She’d rather discuss what she prizes more, career-wise. “Whether it’s Morgan Freeman [1995’s *Seven*] at the beginning of my career or Johnny Depp in my last movie, I feel on-my-knees gratitude for being considered a good enough actor to work with actors of that calibre.”

Along with the work came fame, and a social life that included being engaged to Brad Pitt. With fame came criticism that peaked when Paltrow was named “Most Hated Celebrity”

in a 2013 magazine poll. Taking her down has become a kind of blood sport. Some of this reaction may be gender-based. In 2013, an *Esquire* profile of George Clooney catalogued his famous friends, palatial homes, and Hollywood connections. There’s overlap between the two stars, with one big difference: The Clooney article begins with the command: “You must love him.” Power, wealth, and outspokenness are lovable in a man, but not always lovable in a woman. “I’ve been told to dumb myself down, to dim my light, to shut my mouth,” states Paltrow. Shrugging, she adds: “Maybe I should have listened ...”

While the public fluctuates in its admiration, those who know Paltrow are keen to sing her praises. “I think there’s been a real grace on how she’s conducted herself,” says Downey Jr.

The backlash may also be a reaction to Paltrow’s perceived “charmed”



INSTINCT 10 YEAR ANNIVERSARY
GOLD EDITION

life". But, like everyone, she has had her share of what Handler calls "the deep, dark, ugly stuff". A low point came in 2002 when she and her beloved father were in Italy to mark her 30th birthday. He contracted pneumonia. Already weakened by throat cancer, Bruce passed away in a Rome hospital.

Soon afterwards, Paltrow began dating Coldplay lead singer Chris Martin, and a year later, they married and settled in London. The births of their children were high points, but a brutal five-month postnatal depression struck in 2006. The marriage became strained. Was there a moment of crisis? Paltrow shakes her head. "There was nothing dramatic or anything. I had built my life on trying to be all things to all people. I just couldn't do it anymore. I really had the sense I wasn't allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else, and I just sort of hit a wall."

Martin is known as a sensitive singer/songwriter, but when asked who cried more, Paltrow answers, "Oh, God. Probably me." She pauses. "It's very sad. You have an expectation of your life, and it's sad to change the expectation." The couple proceeded cautiously. In 2012, Paltrow purchased a six-bedroom house in West Los Angeles about three kilometres from where she grew up. There was a year of quiet separation that coincided with the filming of *Mortdecai*. Since Johnny Depp had recently split from long-time partner Vanessa Paradis, Paltrow pumped him for advice. "Nobody knew what Chris and I had been going through, so I didn't say, 'Hey, this is what's happening', but I did ask him mostly children-centric questions, like 'How is it on them?' and 'How did you do it?'" says the actress.

Paltrow and Martin announced their separation in March 2014 on Goop in a post entitled "Conscious uncoupling." Public reaction was swift and

strong – to the phrase, not the news. "OK, you can make fun of the term," says Paltrow. "I didn't invent it." Psychotherapist Katherine Woodward Thomas did. When you strip away the goofy '70s jargon, "conscious uncoupling" is a noble notion: without finger-pointing, a couple ends a marriage while maintaining they are – and will always be – a family.

While Paltrow is not looking for, or expecting, any sympathy, she's jolted by the lack of empathy. "Someone – I guess they thought they were being funny – forwarded an article like, 'Why Her Divorce Is Going To Be Better Than Mine.' I thought, 'Really?' Is that what you think I'm saying? Like, why do you want the *schadenfreude*? Do you really want me to get divorced in a horrible way so you can sell a lot of magazines and I'll destroy my children's lives? Is that what you would prefer?"

Paltrow's eyes well up with tears when she says she hopes her and Martin's approach will keep their kids "whole and happier". And so far, so good. All four spent Thanksgiving together. "We've worked really hard to get to that point. But we're very close. It's so nice. I feel like it's, in a way, the relationship we were meant to have."

She blushes when asked who she's currently dating and declines to answer. Nor does she care to discuss who Martin is dating. Still, she gushes about the "amazing women" in her life, including her mother, and long-time friends Cameron Diaz and Stella McCartney, who bring "depth to my life".

Paltrow has a deep respect for working women, especially working mothers, and has spoken out on equal pay and reproductive rights. So it's frustrating when she finds herself stumbling around the minefields of the "Mummy Wars". "I think sometimes I'm misunderstood,"



she says. "Look, one of the disadvantages of having been famous for so long is I've said some stupid things – immature, reactive stuff. And that's OK, because that's all par for the course. But when words are put into my mouth, those are the situations I feel aren't quite fair."

In March 2014, she was attacked in the media after being misquoted as saying that raising children was harder for her as an actress than for a woman with a nine-to-five office job. "Of course I understand that I have help, and my experience is easier than someone who doesn't," she says. "You have single mothers, no babysitter, working two jobs, and to somehow insinuate I was comparing myself to that just makes me mad. I think we are all doing our best, it's hard to have children and a career. But all some women seem to do is judge other women's choices. I find that unhelpful. I don't see where this is getting us in terms of a cultural discussion."

She's right. Paltrow is not the enemy, and the more people from all corners who speak out on these issues, the better. And despite her having help, it's time for Paltrow to pick up her son at the school bus stop. She walks me to the door and waits as I put my shoes back on. She apologises for the inconvenience. "As an impulse, I bought way too expensive rugs," she explains. "But the dogs have already ruined them."

Perfect metaphor for her "charmed life". She's more self-aware than many think. As we wrap up, she says, "I'm sure I said some stupid things. I always do." And that's what makes her human. □

"I've said some stupid things – immature, reactive stuff"



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MZD Connect standard on Genki model shown. *Optional. MAZ1209_MC_FP

IMAGINATION DRIVES US

A full-page photograph of actress Jessica De Gouw. She is positioned in the center-left, looking back over her right shoulder towards the camera. She has long, wavy brown hair and is wearing a black, long-sleeved dress with a lace-trimmed back. The background is a dense, repeating pattern of red roses. The magazine title 'marie claire' is in a small, white, sans-serif font in the top right corner. The word 'play' is written in a large, white, serif font, with the 'C' from 'marie claire' acting as the letter 'C' in 'play'.

marie claire play

GIRL OF THE MOMENT

Cosying up to Jonathan Rhys Meyers and Sam Worthington? All in a day's work for Perth actress Jessica De Gouw

There's a well-worn path that Australian actresses tend to tread en route to stardom. A sun-drenched prime-time soap opera stint, a turn in a local indie film and then straight on a plane to Hollywood and, hopefully, fame and fortune.

Not so for Jessica De Gouw. With only a handful of local performances to her name (including *Underbelly* and the *Kath & Kim* movie), the 27-year-old starlet got her big break in 2012 after being cast in the action-packed American TV series *Arrow*. Over the course of three seasons, the big-budget production built up a cult following. "I get loads of really great drawings and stories [from fans]," laughs De Gouw. "[It] is unlike anything I have ever experienced before."

Now, following the success of *Arrow* and a bodice-ripping rendition of *Dracula* opposite Jonathan Rhys Meyers, De Gouw is returning to local screens in Foxtel's *Deadline Gallipoli*. The miniseries, commemorating 100 years since the Anzacs landed on the Turkish peninsula, follows four war correspondents (Sam Worthington plays Phillip Schuler). De Gouw is Vera, a nurse who strikes up a friendship with Worthington's charming journo. "When I first read the script I was in tears," says De Gouw. "Vera was such a strong character that I begged to be a part of the project. Thankfully, they said 'yes' straightaway!" ▶

WATCH IT!

Deadline Gallipoli airs on Foxtel's Showcase in April.

SCREEN STYLE

Can't afford a wardrobe filled with Isabel Marant? No matter. A ticket to this month's Alliance Française French Film Festival 2015 is a more economical way to channel some serious Parisian chic. Highlights include *Gemma Boverly* (about a wealthy gent who relocates to an idyllic village in Normandy) and *Saint Laurent* (the unofficial biopic of YSL's life from 1967–1976). For more, visit affrenchfilmfestival.org.



50 SHADES: BOUND FOR CINEMATIC CLIMAX OR ... NOT?

PRO

Jamie Dornan plays the enigmatic billionaire.

Rita Ora makes her big-screen debut (as Grey's younger sister, Mia).

GAGGIN' FOR GREY

There will be sex. Lots of it, and of the *seriously* kinky variety, too.

British visual artist/filmmaker Sam Taylor-Johnson is in the director's chair.

CON

Dornan provides zero full-frontal nudity.

Another singer trying her hand at acting? Hmmmm ...

Reportedly, the racier scenes had to be reshot – due to lack of steaminess. Uh-oh.

It's her first mega-bucks blockbuster.

want more?
See it from February 12.

GIG GUIDE: FEBRUARY

11–28: Chet Faker (national tour)

Experience firsthand this 26 year old's unique, celebrated blend of soul meets electronica.

13–28: Megan Washington (national tour)

The multi-instrumentalist sings (and plays) off the back of her latest album, *There There*.

20: Angus & Julia Stone (summer tour)

Catch the hippie siblings strumming on the steps of the Opera House.



WHAT WE'RE WATCHING



KINGSMAN: THE SECRET SERVICE (out February 5)

Genre: British spy romp.

Gist: A wrong-side-of-the-tracks hottie is recruited by a super-secret agency to help fight bad dudes.

See it if you want to: Switch off your brain and ogle at cute boys (like newcomer Taron Egerton).



SELMA (out February 12)

Genre: Retro drama.

Gist: Rewind to 1965 when Martin Luther King Jr led a historic march in Alabama to secure voting rights for African Americans.

See it if you want to: Weep, while restoring your faith in humanity.



THAT SUGAR FILM (out in March)

Genre: Documentary.

Gist: An Aussie actor (Damon Gameau) goes on a "healthy" diet of low-fat, high-sugar foods for 60 days. It's this year's *Super Size Me*.

See it if you want to: Never eat another cronut.



FOCUS (out March 5)

Genre: Rom-com/drama.

Gist: A seasoned con man (Will Smith) takes a beautiful apprentice (Margot Robbie) under his wing. He teaches her tricks of the trade, but falls for her in the process.

See it if you want to: Get lost in a world of money, sex and swindling.

First Aid Kit will perform at the Perth Festival.

@play

THIS IS THE MONTH TO ... GO FESTIVAL HOPPING



LITERATURE

2015 ADELAIDE WRITERS' WEEK

(February 28 – March 5)

Part of the 30th Adelaide Festival, this literary bash stars guest authors such as Esther Freud, Helen Garner, Joanna Rakoff and *The Rosie Project*'s Graeme Simsion.



MUSIC

PERTH FESTIVAL

(February 13 – March 7)

Sure, there's film, art, theatre and even opera on show, but it's the stellar music line-up (featuring London Grammar and First Aid Kit) that has us wanting to go west.



FOOD

MELBOURNE FOOD & WINE FESTIVAL

(February 27 – March 15)

There are more than 200 events being served up in fine dining spots, cellars and even rooftop bars (including an unmissable talk with chef Dan Barber of NYC's Blue Hill Farm).

Don't miss these dates...
DIARY

Flickerfest kicks off its national tour in **Toowoomba** on **February 7**. David Mamet's famous play, **Boston Marriage**, takes to the stage at the **Queensland Theatre Company** until **February 15**. Plus, there's Vivaldi (and plenty of wine) at the **Australian Chamber Orchestra's TarraWarra festival** from **March 7–8** in the **Yarra Valley**.

book club

We pick the books you need to have on your bedside table this month

Pulitzer-Prize-winning author Anne Tyler (whose fans include Nick Hornby and Sebastian Faulks) is back with her 20th novel: *A Spool Of Blue Thread* (Random House, \$32.99), which tells the story of a chaotic family and their sprawling Baltimore homestead.
Out February 2

A food critic finds herself in hot water after she falls for the chef at a restaurant she has resoundingly panned. Stella Newman's *The Dish* (Hachette, \$29.99) is as light and sweet as a mille-feuille.
Out February 10

A woman leaves behind her life in New York to hitchhike across New Zealand in total, blissful isolation. *Nobody Is Ever Missing* (Allen & Unwin, \$27.99) is Catherine Lacey's debut; *Vanity Fair* called it the next *Gone Girl*.
Out February 25 ▶



INTRODUCING SNOH AALEGRA

There's something in the water in Sweden. Joining the ranks of Scandi success stories (like Robyn, Lykke Li and Tove Lo) is hip-hopper Snoh Aalegra (pronounced "Snow Allegra"). The singer spent 2014 honing her vocals with producer No I.D. (who's worked with Kanye West, Jay-Z and Rihanna), and her *There Will Be Sunshine* EP is out now. Aalegra's debut album is set for release in the first half of 2015.



DAYDREAMING ABOUT BENEDICT CUMBERBATCH?

THERE MIGHT BE MONEY IN THAT...

We look at the latest literary phenomenon

When Anna Todd signed a six-figure publishing contract in 2014, her romance series, *After*, had already been read one billion times (Yes, that's "billion" with a "b"). Why? Because Todd, 25, is one of the superstars of fan fiction. Her One Direction tale, *After Ever Happy* (Simon & Schuster, \$19.99), is just one in a thriving literary universe where amateur writers pen elaborate (and often erotic) fantasies using real-world celebrities and literary characters (think Benedict Cumberbatch's beloved Sherlock Holmes).

But, now, fan fiction – once the domain of teenagers and the more nerd-

ily inclined – is gaining legitimate publishing credibility (and big bucks). L.J. Smith, author of a series based on *The Vampire Diaries*, is a bestseller on Amazon's ebook portal, and E.L. James still earns \$185,000 a day in book royalties from *Fifty Shades Of Grey*. Plus, don't forget Todd's six-figure advance, which sent the internet reeling last year.

And that's just the start. Fan fiction has a teeming underworld of sub-genres. There's slash fictions (homoerotic), Mary Sues (impressible female characters) and – brace yourself – Mpreg, where male characters (like *Twilight*'s Edward Cullen) end up pregnant.

Think you have a book in you? Start daydreaming. Your fan fiction fantasies might just make you millions.



SWIMMING COSTUME

THE TOME: ICONS OF WOMEN'S STYLE

A new coffee-table book has leafed through fashion's archives to highlight the must-have pieces in any woman's wardrobe. All of history's iconic women are there – Jane Birkin, Audrey Hepburn, Marilyn Monroe, and many more – in the looks that made them famous. Think: *Le Smoking*, a little black dress or slim-line cigarette pants ...

Icons Of Women's Style (Thames & Hudson, \$39.99). Out in February.

Fan fiction through the ages



1850

William Makepeace Thackeray writes a satirical sequel to Sir Walter Scott's *Ivanhoe* called *Rebecca And Rowena*.



2006

Geraldine Brooks's *March* – a story centred on the patriarch from *Little Women* – wins the Pulitzer prize.

2011



An X-rated *Twilight* fan fiction story, *Fifty Shades Of Grey*, goes on to sell more than 100 million copies.



2014

Anna Todd signs a six-figure advance with publishing giant Simon & Schuster for her *After* series.

WHY EVERYONE'S TALKING ABOUT ...

40 DAYS OF DATING



Sounds like my love life. It's actually a 2013 experiment by two New York graphic designers. **Don't tell me. They dated for 40 days.**

You got it. They blogged everything. It went viral. **But what's the point?** They fell in love! Sort of. You'll have to read the book to find out. **Can't I just read the blog?** Oh, no. The book picks up where the blog left off.

40 Days Of Dating (Thames & Hudson, \$39.99). Out in February.

INDULGE YOURSELF

Give in to this month's most satisfying pop-culture pleasures



MUSICAL THEATRE

LES MISÉRABLES Do you hear the people sing? *Les Mis* is storming Sydney's Capitol Theatre after a lauded season in Melbourne.

Les Misérables opens in Sydney on March 19.



TV

MY KITCHEN RULES Keep your eyes peeled for Victorian contestant Rob Hemsworth. Yes, he's one of those Hemsworths. Sound like a good reason to watch? We think so.

My Kitchen Rules airs on Channel 7 in February.



TV

WINTER Rebecca Gibney returns to our screens as Detective Sergeant Eve Winter (last seen in 2014's *The Killing Field*) in a gripping murder-mystery worthy of the Scandinavians. Winter airs on Channel 7 in February.



FILM

UNFINISHED BUSINESS Bromantic comedies aren't usually our thing. But this one – about a small-business owner (Vince Vaughn) who battles his former boss (Sienna Miller) – looks too funny to miss. Out March 5. □



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”
Alex Noonan
marie claire
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DAVID GUBERT

fashion

marie claire

Liv O'Driscoll

New Zealand

I'm inspired by: My daughter, Hara.

My secret passion: I am a major foodie. It's the one thing (apart from my daughter) that I don't mind splurging on.

My favourite fashion icon: Diane von Furstenberg – I love everything about her.

This page: Liv's natural elfin beauty stands out in cool contrast against the intricate glamour of Alex Perry's dress, \$2400. Opposite page: Liv channels a Twiggy-style '60s vibe in a Jac+Jack oversized cashmere knit, \$599.





who's that GIRL?

They're the ultimate *chameleons* in an industry that celebrates *change*. Here, six models from around the globe show us the *transformative power* of fashion

PHOTOGRAPHED BY NICOLE BENTLEY STYLED BY JANA POKORNY

Mathilda Tolvanen

Finland

I'm inspired by: My nine-year-old brother.

My secret passion: Soccer (playing and watching). **My dream is:** To be able to enjoy every second of my life, so that when I'm a grandmother I can feel blessed for living this adventure, and tell everybody how great my life was!

This page: Mathilda's bohemian looks suit the romance of this Zimmermann sheer dress, \$2500; bodysuit, \$295, by Eres at Sylvia Rhodes; shoes by Miu Miu. Opposite page: The Finnish model showcases a sleeker side in '70s-inspired navy/white shirt, \$237, and trousers, \$270, both by Karen Walker; bag by Sancia.





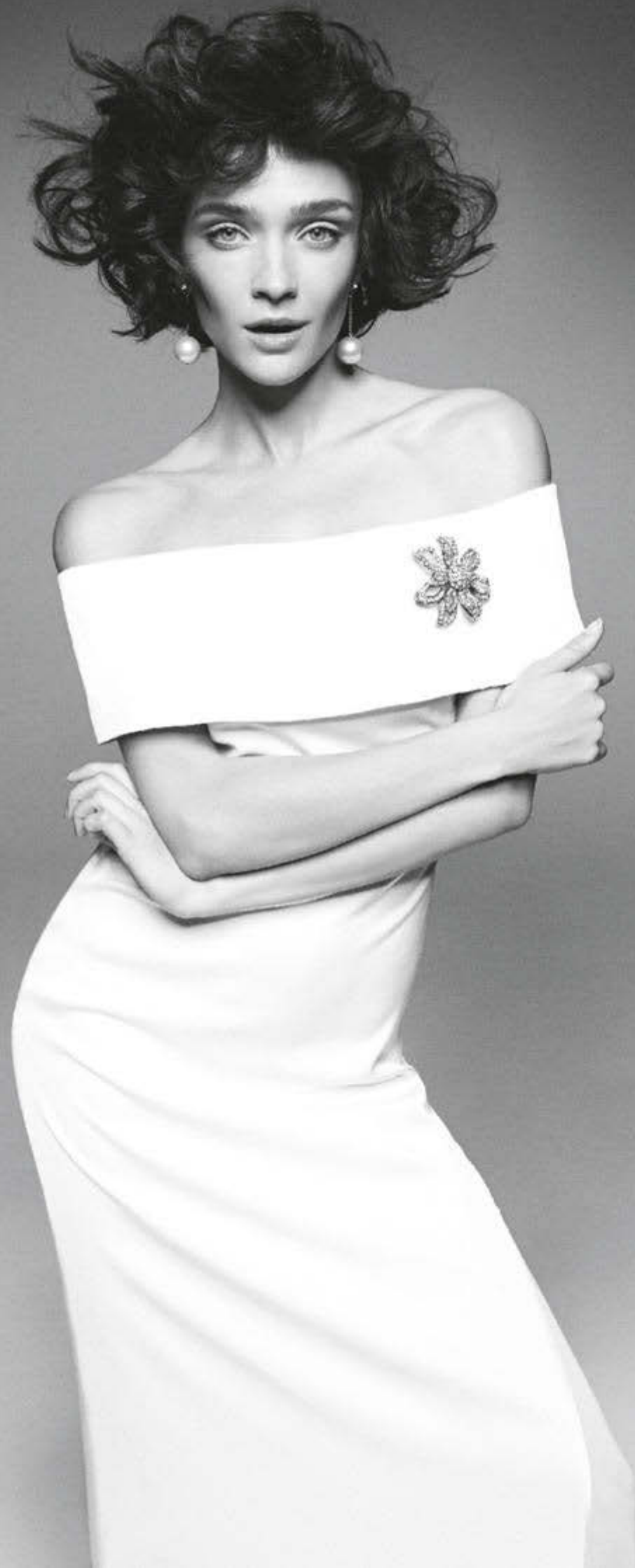
Lynn Palm

The Netherlands

I'm inspired by: People who don't only think of the things that could go wrong and who are not afraid to fight for their dreams. **My favourite film:** I really like *Up*. **My dream is:** To have my own clothes shop and restaurant.

This page: Lynn's casual elegance is highlighted by the crisp cotton stripes of Michael Lo Sordo's shirt, \$349, and matching skirt, \$449. Opposite page: Glamming it up in a camilla and marc sheath, \$720, and short 'do, Lynn evokes the spirit of old-school Hollywood screen sirens. Earrings and brooch both from Harlequinmarket.com.







Noam Frost

Israel

I'm inspired by: The places I get to see in my job, and the amazing people I get to know. **My favourite film:** *Cry-Baby* with Johnny Depp. **The most unexpected thing about me is:** I still don't know how to put on make-up! Once a tomboy, always a tomboy.

This page: The self-confessed tomboy brings her own edge to the pristine cream of Ellery's jacket, \$1450, matching trousers, \$790, and top, \$1450. Opposite page: Noam plays the minimalist in a Christopher Esber olive cotton and leather shirt, \$890, and olive knit trousers, \$790. Statement earrings by USA Vintage at Harlequinmarket.com add charm to an otherwise androgynous look.





Marnie Harris

Australia

I'm inspired by: People who are passionate about what they do.

My favourite music: Anything by Chet Faker. I want to see him live.

My favourite fashion icon: Jane Birkin. **My dream is:** To own a holistic psychology practice somewhere peaceful.

This page: In a grey felt hat by Nerida Winter and blue shirt, \$600, by TOME, Marnie epitomises girl-next-door innocence. Opposite page: Amping it up 200 per cent in a mint coat, \$2600, sequinned bustier, \$2500, and trousers, \$850, all by Toni Maticevski, she calls to mind the superstar glamour of early Kylie Minogue.





Marcele Dal Cortivo

Brazil

I'm inspired by: Faith, courage and strength. **My secret passion:** Almond croissant! **My favourite film:** *A Clockwork Orange*. **My favourite fashion icon:** Charlotte Gainsbourg. **My dream is:** To travel as much as possible and absorb as much knowledge as I can.

This page: Marcelle takes on an undone look in Bassike's blue and white striped shirt, \$420, and matching trousers, \$495, amplifying her unique beauty. Opposite page: She shows a more polished and graceful side in this poetic dress, \$750, by Romance Was Born; earrings by Marni; cuffs by Herve Van Der Straeten at Neiman Marcus.

See Directory for stockist details. Hair by Koh/Creative for O&M. Make-up by Amanda Reardon/Creative using Chanel. Models: Liv O'Driscoll/IMG; Mathilda Tolvanen/IMG; Lynn Palm/Chic; Noam Frost/Chic; Marnie Harris/IMG; Marcelle Dal Cortivo/Chic.





THE WANDERER

Flowing fabrics, rich colours and a free, roaming spirit ... your fashion odyssey begins here

PHOTOGRAPHED BY DAVID GUBERT STYLED BY JANA POKORNY



Cardigan, \$764, by
Mes Demoiselles;
dress, \$1890, by
Sportmax; sandals
(worn throughout)
by Morrison; scarf
by Paul Smith; large
hoop earrings (worn
throughout) by Silver
Plume Gallery.



Dress, \$2995, by Burberry; necklace with blue stone (worn throughout) from Four Winds; leather-strung necklaces both by Silver Plume Gallery. Opposite page: dress, \$3710, and scarf, \$290, both by Gucci; long silver bead necklace and blue cuffs (worn throughout) all by Silver Plume Gallery.





Ivory crochet vest, \$1890, and green/navy print silk blouse, \$1830, both by Miu Miu; black/white print pants, \$70, by H&M; hat (worn throughout) by Hatmaker; silver cuffs (worn throughout) all by Silver Plume Gallery. Opposite page: striped knit top, \$132, by John Macarthur for Purl Harbour; scarf by Peter Pilotto at Belinda; small hoop earrings (worn throughout) model's own; slim cuff (worn throughout) by Mariamania; wide cuff (worn throughout) by Silver Plume Gallery; bag by Jamin Puech at Christine.




A full-page photograph with a warm, golden-brown color palette. A person is partially visible on the right side, wearing a dark robe with a light-colored, intricate paisley or floral pattern. They are leaning their arm on a large, gnarled, and bleached dead tree trunk that lies horizontally across the middle of the frame. The background is a vast, arid landscape with sparse, dry vegetation and a hazy, sunlit sky. The overall mood is serene and contemplative.

Robe, \$545, by
Kate Sylvester;
bra, \$79, by Mimi
Holliday at Altios;
pants, \$950, by
Sarah Baadarani at
BySymphony.com.







Cream crochet poncho,
\$697, by Mes Demoiselles;
brown silk bra, \$500 (part
of a set), from The Vintage
Clothing Shop; embellished
brown suede skirt, \$7530, by
Miu Miu. Opposite page:
dress, \$1499, by Camilla;
striped knit top, \$132,
by John Macarthur for
Purl Harbour; scarf by
Peter Pilotto at Belinda.



Dress, \$2500, by Zimmermann.
Opposite page: vintage kimono,
\$295, from The Vintage Clothing
Shop; T-shirt, \$30, by H&M. See
Directory for stockist details.
Hair by Jenny Kim/M.A.P using
Kiehl's. Make-up by Victoria
Baron/M.A.P using M.A.C
Cosmetics. Model: Emily/
Priscillas. Shot on location in
Broken Hill. Special thanks to
Outback Whips and Leather,
visit outbackwhips.com.au;
Broken Hill Historical Society,
visit bhhistoricalsociety.com.au;
Paul and Karen Ellis from
cameltreksaustralia.com.au;
John and Airlie Blore at
Belmont Station.



101 ideas

Find your *signature piece*
this season and work it
five different ways

the piece:
SUPERSTAR
SLEEVELESS COAT



Sleeveless coat (worn throughout), \$269.99, by Oskar; blouse with belt, approx \$259, by Gregory; trousers, \$189, by We Are Kindred; shoes, \$279, by The Mode Collective; earrings, \$99, by Chelsea de Luca; thin bangles, \$22 per set, and wide bangles, \$28 per set, both by Freedom at Topshop; watch, \$219, by Triwa.

1 Blouse, \$268, by Skin and Threads; jeans, \$159.95, by Levi's; shoes, \$50, by Topshop; belt, \$38, by Boden; earrings model's own; ring, \$120, by Pushmataaha; bag, \$299, by Furla.

2 Top, \$169, by Hansen & Gretel; trousers, \$199, by C&M camilla and marc; shoes, \$89.95, by H&M; earrings, \$50, by Karen Walker.

3 T-shirt, \$39.95, by Zara; skirt, \$240, by Búl; earrings, \$110, by Man The Label; necklace, \$35, by COS; ring, \$18.95, by River Island.

4 Dress, \$299, by Gorman; shoes, \$100, by Puma; earrings, \$220, by Maniamania; thin ring, \$14.95, and wide ring, \$18.95, both by River Island; bag, \$256, by Nanushka.





101 ideas

Trousers (worn throughout), \$260, by Nicola Finetti; T-shirt, \$119, by Alexa Chung for AG; earrings, \$19.95, by H&M; bracelet, \$49.95, by Country Road; bag, \$455, by Benah for Karen Walker. **1** Top, \$19.95, by H&M; shoes, \$79.95, by Zara; earrings, \$319, by Chelsea de Luca. **2** Top, \$135, by COS; shoes, \$199, by Dr Martens; necklace, \$39.95, by Adorne; ring, \$170, by Ford + Harris. **3** Shirt, \$159.95, by Sportscraft Signature; shoes, \$215, by Orotón; earrings, \$420, by Melanie Katsalidis at Pieces of Eight; bag, \$339.95, by Ecco. **4** Dress, \$410, by Anna Quan; shoes, \$29.95, by Spurr at The Iconic; necklace, \$260, by Man The Label; top bracelet, \$22.95, by Adorne; middle bracelet, \$336, by Aurélie Bidermann at Net-a-porter.com; cuff, \$120, by Dallas and Carlos.

the piece:
**PLAYFUL PRINTED
FLARES**



the piece:
MORE-THAN
DENIM SKIRT

101 ideas

Skirt (worn throughout), \$280, by Unkneform; knit, \$169.95, by Cameo; shoes, \$85, by Topshop; earrings, \$17.95, by Adorne; book, \$9.95, by Penguin.

1 Top, \$98, by StyleKeepers; shoes, \$159.95, by Tony Bianco; earrings, \$255, by Secrets Shhh; bag, \$49.95, by Adorne. 2 T-shirt, \$350, by Zimmermann; skivvy, \$175, by COS; earrings, \$99, by Valére; belt, \$143, by Mes Demoiselles; books, \$9.95 each, by Penguin. 3 Top, \$323, by Georgia Alice; shoes, \$129.95, by Enzo Angiolini at Nine West; earrings, \$195, by Pushmataaha; rings, \$19.99 for a set of 12, by Equip. 4 Jumper, approx \$279, by Gregory; shirt, \$288, by Skin and Threads; shoes, \$190, by COS; earrings, \$150, by Ford + Harris; socks, \$12.95, by Jonathan Aston; bag, \$280, by Raku Collection.







marie claire

UP LATE

JAMES ST

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to the ultimate shopping experience

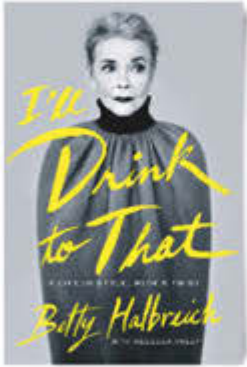
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#JamesStUpLate Visit jamesst.com.au for more information.

Need a little something to add to your everyday wardrobe? Try these earrings by French design duo Moutton Collet. To colour yourself pretty, visit mouttoncollet.com.



HERE'S CHEERS

After 40 years as personal shopper at New York luxury store Bergdorf Goodman, style stalwart Betty Halbreich publishes her life story. And, at 86, there's so much to tell. Sartorial stories of the rich and famous, all laced with her razor-sharp wit.

Moutton Collet, approx \$602



Offering an edited selection from the global fashion scene's premium brands, Harrolds opens its inaugural flagship for women this month in Westfield Pitt St, Sydney. The exclusive boutique boasts collections from the likes of Saint Laurent and Balenciaga to Tom Ford. [#creditcardready](https://twitter.com/creditcardready).

HARROLD'S FOR HER

TO GO

The Jet Set 6 capsule collection, launched by Michael Kors this month, is a clever edit of shoes both practical and glamorous, all bundled up in a super-sleek, croc-embossed carry-on. It's chic for the feet.



what's new



Bally is back! Loafers, leathers and an indefinable luxury set the tone, thanks to their latest design director, Pablo Coppola. With his years of experience – Céline, Dior, Burberry – it's little wonder. We're smitten.



Amanda Kendall Argentiera clutch (left), \$495, and Cuzco day bag (above), \$650

TO HAVE & TO HOLD

A relative newcomer to the Aussie accessory scene, Amanda Kendall is a name to know. Acquiring skills abroad – under the tutelage of established names such as Nicholas Kirkwood and Sophia Webster – was sure to set her on the right trajectory. And, indeed, it seems it has. Check out her selection of sophisticated bags at amandakendell.com.

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marie claire

trend

REPORT





BETWEEN THE LINES

Stripes: they're never out of style. Each season designers find a way to rework them, and why not? The graphic motif is at once classic and cool. The only question is, do you opt for a colour-pop or a timeless two-tone number for spring?



ALL-WEATHER LEATHER

Painted in lipstick red, dusty pink and caramel, glossy leather and soft suede suddenly feel right for summer. The luxurious fabrics are versatile, fashioned into everything from minimalist midi dresses to flirty playsuits



MIDDLE CLASS

From origami-style obi ties to floppy fabric bows, the message is clear – it's time to define your waist



GARDEN VARIETY

What would summer be without florals? It's a case of the bigger, the better this season with blown-up blooms springing up on coats, crop tops and skirts at Michael Kors, Marni and, unusually, Céline, otherwise known for a minimalist aesthetic



PAST, PRESENT & FUTURE

It's time to take a lesson in fashion history as influences from the 18th century are evoked in high-necked, floor-sweeping dresses, court coats and opulent embroidery

indigo girl

Cut into sharp double-breasted suits and feminine, nipped-waist jackets, denim shifts from an everyday staple into the realm of ready-to-wear



GUCCI

MARQUESALMEIDA

KENZO

CHLOÉ

TODS

FENDI

BOTEGA VENETA

LOUIS VUITTON

MICHAEL KORS

STELLA MCCARTNEY



ALEXANDER WANG

NO. 21



MIU MIU

GIVENCHY



ALTUZARRA

PETER PILOTTO



RODARTE

BALENCIAGA

HIGH & MIGHTY

Things are looking up. Literally. Usually it's hemlines stealing the headlines, but now it's the navel-gazing waistline of trousers

form & function

Utility was a recurring reference point, with flap pockets and khaki tones adding practical appeal to elegant tailoring. Pledge allegiance to the trend and wear it head to toe

SALVATORE FERRAGAMO

RODARTE

VICTORIA BECKHAM

CHANEL

MARC JACOBS

RALPH LAUREN

SACAI

ACNE

MAX MARA

BURBERRY PRORSUM



A CUT ABOVE
Designers play hide-and-seek with sleek styles that highlight the new erogenous zone – the shoulders

VALSPAR *advertising feature*

BE INSPIRED TO CHANGE YOUR LOOK

VALSPAR PAINT (swatches from top):
Out There C10.22; Reykjavik C11.07;
Finest Hour C11.25; So Long C11.27;
Nimes C12.25; Mighty Real C12.17.

Clockwise from top: TONY BIANCO bag;
LUCA & MARC top; GIORGIO ARMANI
sunglasses at Sunglass Hut; EZIBUY necklace;
LEE COOPER denim skirt; CARVELA sandals.

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NO. 21



BOTTEGA VENETA



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MIU MIU



BALMAIN

CHECKING OUT

Whether it's pretty pastel gingham or a bold take on tartan, when it comes to print it's hip to be square right now. Checks in every size and colour were stamped across skirt suits and demure dresses, lending ladylike looks a youthful appeal



GIORGIO ARMANI



CÉLINE



THAKOON



GIAMBATTISTA VALLI



PREEN BY THORNTON BREGAZZI



PROENZA SCHOULER



ISABEL MARANT

INTO THE FRAY

From tasselled, flapper-inspired frocks at Giambattista Valli to skirts spliced into extra-long slivers of fabric at Proenza Schouler, fringing was the defining detail of the international collections



LEE COOPER
denim skirt;
BASQUE
bracelet



VALSPAR advertising feature

INTO THE BLUE

SOME COLOUR AND style combinations are so enduring they've become a modern classic. Think indigo blue and denim; together they're a wardrobe staple that goes with everything. The same colour rule applies to your living spaces. All it takes is a fresh coat of paint using soothing or crisp blues to breathe new life into your home. And when inspiration strikes, you can easily reinvent it all over again with Valspar paint. Its premium formulation contains a built-in paint-and-primer-in-one for better coverage so you can change your space whenever you like, and surround yourself with the colours you love.

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Mix blue with white and raw wood for a FRESH, CHIC FINISH, or pair blue with pops of pink or orange for a fun, funky look.



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SARAH STEPHENSON,
VALSPAR COLOUR EXECUTION MANAGER



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STREET
STYLE

CALVIN KLEIN



Spotted: the legendary
New York Times fashion
photographer Bill Cunningham.



FAVOURITE LOOK

Clockwise from left:
"This chic, simple
Calvin Klein look was
one of my favourites";
"I loved the reflective
Dion Lee and circular
Zimmermann invites";
"J.Crew was a must-
stop destination."



TOME



J.CREW

MICHAEL KORS

ALEXANDER WANG



SPRING / SUMMER 2015

FASHION WEEK *diaries*

As new collections
hit the stores, *marie
claire* editors take
you on a *city-by-city*
tour of the runways

NEW YORK



By Anna
Saunders,
associate editor

In a week where the mercury soared past 30°C every day, New York Fashion Week was a sweltering blur of rooftop parties, steamy evenings and fresh summer looks

Biggest trend: "A '70s theme threaded its way through NYFW (and, in fact, throughout the season), and we got our first glimpse at one of the first shows of the week, Coach. Denim flares and acres of shearling and coloured leather set a distinctly 'Summer Of Love' vibe. Karen Walker, Derek Lam and more picked up the trend."

Must-see store: "It might not be high-fashion, but my first stop – a mere hour after landing – was J.Crew. (Well, what else do you do the night before NYFW?)"
Stand-out song: "Australian designers Tome opened their show with the thumping beat of Boy George's 'Bow Down Mister', mixed in with traditional Indian music. So retro, so fun."

Favourite model: "The inimitable Karlie Kloss closed the show at Oscar de la Renta. Meanwhile, Naomi Campbell rocked the runway at DVF."
My must-haves: "A three-quarter-length black skirt and a pair of practically flat leopard-print heels from Zara – all the better to zip from show to show in."



OSCAR DE LA RENTA



By Amanda Woodward-Brown, contributing fashion editor

LONDON

The British capital has always been the launching pad for new designers, but this season a youthful energy pumped through all the London Fashion Week shows

Stand-out show:

"Simone Rocha's show was held in an old church in central London. Eerie but oh-so beautiful, and it proved why Rocha is one of the up-and-coming stars of LFW."

The biggest trend:

"#Normcore. This season it wasn't so much about standing out as blending in. I was struck by how, well, normal, some of the most influential editors and stylists looked. After seasons of over-the-top outfits of clashing colours and prints, there was

something totally refreshing about a laid-back look."

Go-to fashion week piece:

"I couldn't be without my iPad mini. Larger than an iPhone, more portable than a laptop, it's my tech essential."

Runway highlight:

"When the lights dimmed at the start of Richard Nicoll's show, a model appeared in a glimmering fibre-optic ensemble. Cue hundreds of Instagram posts of the ethereal 'Tinker Bell' dress."



"No trip to London is complete without stopping by Dover Street Market. Louis Vuitton even set up the label's first-ever pop-up shop there during LFW."



FAVOURITE LOOK

"I loved the unexpected contrast of a twisted chiffon camisole over a form-fitting T-shirt and wide-leg trousers at J.W. Anderson. It will be my go-to look come [the northern] spring."



"Who knew overalls and slides could look so chic? Alexa Chung managed to make this unlikely Fashion Week combination appear effortlessly cool."

"Burberry Prorsum's show always draws an A-list crowd. This year, Kate Moss sat front row with Cara Delevingne. If the iconic model had a successor it would undoubtedly be the young Brit, so seeing them together was a talking point."



Left: "I first spotted model Malaika Firth backstage at New York S/S 2014 and thought she was one to watch. Her status as the next big thing was cemented when she opened Burberry Prorsum's show."



Right: "Richard Nicholl's glowing, ethereal and highly Instagrammed 'Tinker Bell' dress".



"The fabulous Dolce & Gabbana finale."



Above: "My favourite accessory were the embellished belts at No. 21." Right: "I spotted this dress outside the Marni show – it stood out to me because I couldn't place its origin. Vintage perhaps?"



STREET STYLE



Above: "Pharrell Williams attended the Bulgari presentation, then graciously posed for photos." Below: "The Galleria Vittoria Emanuele II is Milan's ultimate shopping destination."



BOTTEGA VENETA

MARNI

SPORTMAX

MILAN

By Jana Pokorny, fashion director



MY MUST-HAVE

FAVOURITE MODEL



PRADA



FENDI

Far left: "I love the fine cotton and raw edges of this Prada dress." Left: "Sam Rollinson has a great look. I love her haircut!"

Stand-out show moment:

"The Dolce & Gabbana show is always fun and thematic. This season, it was based on bull fighting – and the finale of girls was fabulous. Afterwards, Domenico Dolce explained to me that the white shirts the girls wore were actual *torero* shirts worn by bullfighters in the ring."

Go-to fashion piece:

"Flat shoes. I bought a

pair of animal print Gucci loafers this season and they've been a great investment."

Best scenery:

"The Marni show was exquisite, starting with a neutral palate and then moving in to an explosion of blooms to coincide with the label's 20th anniversary celebrations. Afterwards, we attended Marni's one-day pop-up flower market at the historic Rotonda

Della Besana gardens, which was divine."

Must-see store:

"Shopping in Milan is the ultimate experience in service. Every store is impeccable, but I always head straight to the beautiful Galleria Vittoria Emanuele II, home to the first-ever Prada boutique. Situated just outside the Duomo di Firenze, the setting is as incredible as the shopping experience!"

In Milan, fashion is big business. Home to such high-voltage designers as Versace and Roberto Cavalli, as well as the artful Miuccia Prada and Marni, this is a city that takes all things sartorial seriously



BALENCIAGA

CÉLINE

CHRISTIAN DIOR

By Jackie Frank,
publisher/
editor

PARIS

Paris is where fashion is at its grandest. From Chanel to Christian Dior, all the historic houses can be counted on for theatrical shows that mix flamboyance and fabulous fashion

Favourite look:

"The gowns at Valentino took my breath away. I love colour and embellishment, and the jewellery and embroidery was exquisite."

My Paris must-have:

"My new Dior 'So Real' sunglasses, I am so in love with them. And my iPhone 6 Plus!"

Go-to shop: "I always pick up a new pair of Parisian plimsolls by classic French label Bensimon."

Celebrity sighting:

"Dakota Fanning looked all grown up and demure outside the Christian Dior show. English model

Erin O'Connor was also there, looking incredible in Dior."

Favourite runway moment: "Hands down, my highlight of the week was Jean Paul Gaultier's prêt-à-porter finale. It was emotional and ethereal but most of all, it was an extravaganza. Oh, but the 'protest' at Chanel was something to experience. It echoed certain *marie claire* sentiments and it looked beautiful to boot."

Can't-miss restaurant:

"I love Café Charlot. I always forget the address, yet I always find my way there. Yum!" ☐



Jean Paul Gaultier's prêt-à-porter finale at Le Grand Rex cinema in Paris.



Clockwise from far left: "Dakota Fanning outside the Christian Dior show"; "My favourite new Dior sunglasses"; "The 'protest' at the end of Chanel's show"; "My trusty iPhone 6 Plus"; "All aboard: destination Boulevard Chanel!"

FAVOURITE LOOK

STREET STYLE

SPOTTED!



Left: "The gowns at Valentino were breathtaking." Above right: "I loved this sweet coordinate set and statement necklace by Valentino." Above far right: "These cute silver sneakers by Acne caught my eye." Right: "At my beloved Café Charlot with fellow editor Kirsten Galliot."

FAVOURITE CAFE

SPRING/SUMMER 2015

BEST IN SHOW

From free-flowing styles to *pastel-toned lids* and power pouts, here's our pick of *the season's beauty looks*. By Lucy Adams



CROWNING GLORY

The look: From jeweled combs at Dolce & Gabbana to sea-inspired creations at Valentino, hairstylists used luxe hair accessories to accent simple 'dos.

Backstage secret: Weighted clips need something to grip on to. Gently tease the desired position and spritz with hairspray before sliding on your chosen accessory.

The toolkit: Dolce & Gabbana headband (1), \$1474, from Matchesfashion.com; TRESemmé Salon Finish Extra Control Mousse (2), \$7.99; Silver Bullet No 2 Tail comb (3), \$6.95.



BRIGHT EYES

The look: The most vivid example of spring's happy mood: candy-coloured eye make-up. On the heaviest rotation were shades of sky blue, mint green and raspberry red.

Backstage secret: Keep it modern by liberally applying just one shade as an eyeliner across your top lash line.

The toolkit: Revlon ColorStay ShadowLinks Eye Shadow in Seafoam (4), \$9.95; Dior 5 Couleurs Eyeshadow Palette in Candy Choc (5), \$103; M.A.C Powerpoint Eye Pencil in So There Jade (6), \$32; Max Factor Excess Intensity Longwear Eyeliner in Excessive Aqua (7), \$21.95; Make Up Store Cybershadow in Paradise (8), \$33. ▸

Make-up artist Peter Philips cut strips of blue leather from the hair ties at Fendi and adhered them to the models' lash lines (below left).





DONNA KARAN



MICHAEL KORS



THE BRAID BRIGADE

The look: The braid is back – so start practising! There were rope-like weaves at Donna Karan and plaited up-dos at Giorgio Armani, but it was hard to go past the carefree style that stole the show at Michael Kors.

Backstage secret: To bulk up braids, top stylists create volume with texturisers, and mist strands with hairspray before they begin.

The toolkit: Evo Mister Fantastic Texture Spray (1), \$29.95; Toni & Guy Hair Meet Wardrobe Casual Rough Texturiser (2), \$15.99; TRESemmé Salon Finish Extra Hold Hairspray (3), \$7.99.



WALK THE LINE

The look: From ladylike flicks to elongated cat's eyes, make-up artists experimented with a range of dramatic eye looks.

Backstage secret: Outline the desired shape first, then fill it in with a heavily pigmented powder, liner or gel.

The toolkit: Eyeko London Me & My Shadow Waterproof Shadow Liner in Charcoal (4), \$36; Bobbi Brown Long-Wear Gel Eyeliner in Black Ink, \$35, and Ultra Fine Eye Liner Brush (5), \$35; Maybelline New York Master Graphic Liner (6), \$14.95. ▸





POUT PLEASERS

The look: Fun and feminine – add a vibrant dose of colour to your make-up bag with a bold, matt lipstick (this sheen-free finish makes wearing colour more sophisticated). The twist this season? Ditch your lip liner and opt for blurred edges.

Backstage secret: To achieve a stained effect, press a richly pigmented shade onto your lips using your fingertips.

The toolkit: Elizabeth Arden Beautiful Color Moisturizing Lipstick in Red Door Red (1), \$35; Clinique Long Last Soft Matte Lipstick in Matte Magenta (2), \$36; Chanel Rouge Allure Lipstick in Mélodieuse (3), \$50; Max Factor Colour Elixir Giant Pen Stick in Designer Blossom (4), \$9.95; YSL Volupté Tint-In-Oil in Peach Me Love (5), \$49.

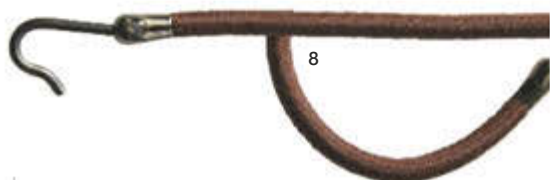


SHOW PONIES

The look: Slick and shiny at Alexander Wang, scraped back and low at Gucci and softly crimped at Stella McCartney – it was thanks to clever tricks with texture that the preppy ponytail reinvented itself on the runways from New York to Paris.

Backstage secret: Make a style statement with your pony by mixing up your part line. From sleek side parts to straight down the centre, it's the simplest way to get a new look.

The toolkit: L'Oréal Professionnel Wild Stylers by Tecni.Art Crêpage De Chignon (6), \$33; TRESemmé Smoothing Crème (7), \$7.99; Salon Smart Bungee Bands (8), \$9.95 for a pack of 6. ▸



NY FASHION MOMENT NO. 1

RE-CREATE THE HOTTEST LOOKS DIRECT FROM NEW YORK'S MERCEDES-BENZ FASHION WEEK WITH TRESemmé



NEW BOHEMIAN When it comes to this season's hair trends it's all about care-free texture, and one of the hottest looks to hit the New York runways is this relaxed, boho style. "It has a sense of romance to it," says Sam Overton, Unilever hair creative director, who adds, "it's perfect for a date night." Best of all, it's quick and easy to achieve, especially on second-day hair. Here's how to re-create this look in minutes.



STEP 1 Spray your roots and lengths with TRESemmé Instant Refresh Dry Shampoo, \$10.99. Wait a few minutes and rub through.



STEP 2 Create a base to anchor the twisted section by backcombing the roots of a 20¢ piece-sized section in the centre at the back of your head. Grab 3cm sections from either side of the front part, and twist back so they sit loosely over your waves and meet at the backcombed section to form a garland around your head.



STEP 3 Pin into place with medium-sized bobby pins, crossing them over each other for the most secure hold. Finish with a light mist of TRESemmé Freeze Hold Hairspray, \$8.99.

“Dry shampoo is a cleanser and styling product that creates beautiful texture”

**SAM OVERTON,
UNILEVER HAIR
CREATIVE DIRECTOR**



VISIT TRESEMME.COM.AU OR CALL 1800 623 540.

SMOKE SIGNALS

The look: The smoky eye is a perennial runway favourite, but this season, the sexy stare was given a “morning after” feel with shades of slate, toffee and burgundy blended bluntly along the upper and lower lash lines.

Backstage secret: This look can be messy to create, so do your eyes before applying your base.

The toolkit: Shiseido Luminizing Satin Eye Color Trio in GY901 (1), \$55; Artiste Manicare Professional Small Shadow Brush #30 (2), \$12.95, and Napoleon Perdis Color Disc Eyeshadow in Midnight Express, \$29 (3); Rimmel London Extra 3D Lash Mascara in Extreme Black (4), \$12.95.



LAISSEZ HAIR

The look: When it comes to hair, looking like you've tried too hard is officially passé! The nuances on the runways came from subtleties like shine, texture and movement, which meant finger-combed waves, deconstructed knots and ponytails scraped back without brushing.

Backstage secret: Undone hair may be on-trend, but it needs to be in optimum condition, so it's time to embrace oils, treatments and shine sprays.

The toolkit: Dove Pure Care Dry Oil Nourishing Treatment (5), \$19.99; Wella Professionals SP Luxe Oil Light Oil Spray (6), \$32; Bumble and bumble Mending Mask (7), \$49. ▷

NY FASHION MOMENT NO. 2

RE-CREATE THE HOTTEST LOOKS
DIRECT FROM NEW YORK'S
MERCEDES-BENZ FASHION
WEEK WITH TRESemmé



PLAIT DU JOUR Whether she's heading downtown for brunch or for a weekend at the Coachella music festival on the West Coast, this relaxed look is the go-to off-duty hairstyle of New York "It" girls this coming season. "It's the ultimate in boho chic," says Sam Overton, Unilever hair creative director. Here he describes how you can re-create this understated style within minutes, without even reaching for the blow-dryer.



STEP 1 Hold TRESemmé Instant Refresh Dry Shampoo, \$10.99, 10cm from your head and spritz your roots. Wait a few minutes, then tip your head upside down and rub through.



STEP 2 Create a section from mid-ear to the nape of the neck, then divide it in two to form pigtails. Plait each side into a messy braid. Spray with TRESemmé Freeze Hold Hairspray, \$8.99, and rub over with your fingers to create a dishevelled texture. Wrap around the head to form a headband and secure with bobby pins



STEP 3 Take random, large sections and wrap around a curling iron. Leave to cool and then rake through with your fingers for natural texture.

“Ensure even coverage and spray dry shampoo 10cm from your roots”

**SAM OVERTON,
UNILEVER HAIR
CREATIVE DIRECTOR**



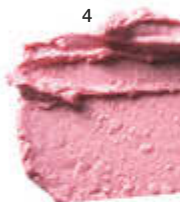
VISIT TRESEMME.COM.AU OR CALL 1800 623 540.



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PRETTY, EASY

The look: This season, consider pared-back perfection. Using the nonchalant French “no-make-up make-up” approach, this look requires only a light base, subtle highlights, balmed lips and some shading on the eye.

Backstage secret: Tinted moisturisers are perfect for this look, but for those who require a little more, try the new generation of second-skin bases.

The toolkit: Hourglass Luminous Light Lighting Powder in Ambient (1), \$62; Estée Lauder Perfectionist Youth-Infusing Makeup SPF 25 in Ivory Beige (2), \$70; Eve Lom Radiance Perfected Tinted Moisturiser SPF 15 in Vanilla (3), \$96; L’Oréal Paris Colour Riche Collection Exclusive Lipstick by Doutzen in Hint of Pink (4) and by JLo in Greige Glow (5), \$24.95 each; Giorgio Armani Eye & Brow Maestro in 02, \$47, and Eye & Brow Maestro Brush (6), \$29.



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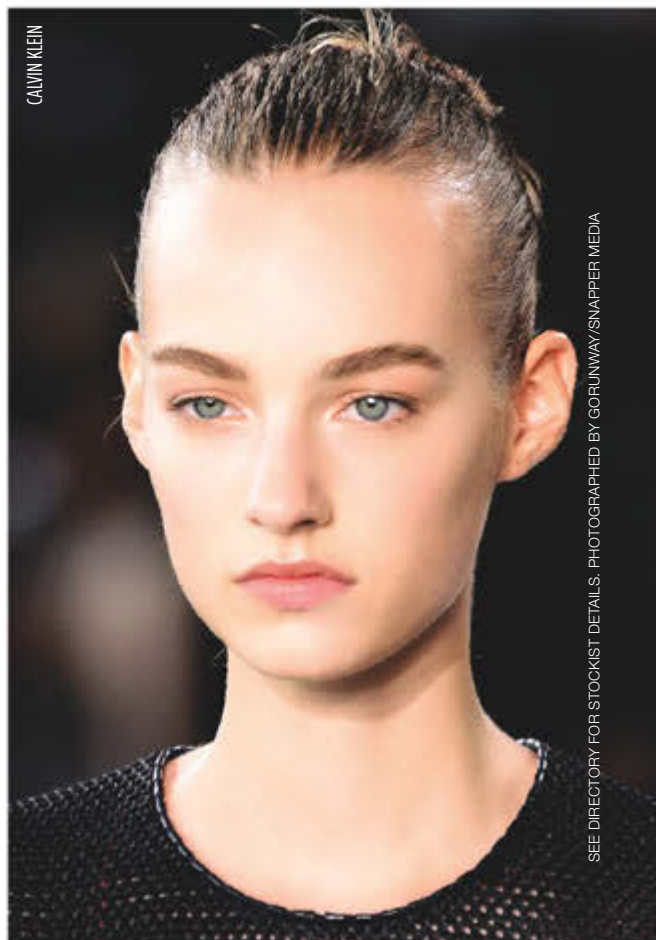
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SLEEK CHIC

The look: Dust off your hair gel: ‘80s-inspired styles are back. Stylists at Marni and Versace contrasted sleek wet tops with free-flowing lengths; while at Balmain and Calvin Klein slicked back lengths were de rigueur.

Backstage secret: It may be a hot runway look, but it doesn’t easily translate into everyday hair (unless you’re at the beach). For a striking daytime take, ditch your dryer and update your ponytail by combing gel through towel-dried lengths, then style.

The toolkit: Moroccanoil Styling Gel (7), \$31.95; Shu Uemura Touch Of Gloss Brilliant Melt-in Wax (8), \$47; Redken Mess Around 10 Disrupting Cream-Paste (9), \$27.95. □



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^{*}(Competition ends 28 February 2015. Terms and conditions apply.)

L'ORÉAL PARIS *advertising feature*

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discover your
perfect nude
lipstick and
nail match.



beauty

marie claire

trade *secrets*

how to shop like a beauty pro

Have you ever wondered what the *experts really use*? Lucy Adams asked those in the know for their *must-have buys*, favourite trends and *tricks to try*







the make-up artist

VICTORIA BARON

As Chanel's first-ever Australian make-up artist and beauty spokesperson, she's also the first choice for a long list of celebrities, including Rose Byrne, Coco Rocha and Kylie Minogue.



make-up must-haves: Lanolips 101 Ointment, \$17.95; Chanel Les 4 Ombres in Tissé Rivoli, \$98.

trend to try: "Runways were full of moisturised skin and make-up that doesn't look like make-up." Get the look: Chanel Les Beiges All-In-One Healthy Glow Fluid, \$77.



top tip: "Make eyes appear bigger and brighter by blending a tonal colour around your eyes so you can't see where it finishes. And always use an eyelash curler before applying mascara." Try: Tweezerman Procurl Curler, \$29.95.

new-season essential: "Eyeliner! Whether it's blue or black, it's a must." Try: Chantecaille Le Stylo Ultra Slim in Black, \$39.



BEST BUY

INSIDER TIP: "When choosing lipstick, look at the pigment density. I choose rich, highly dense colours because they are more likely to stay and I can do a light stain or a bold red-carpet lip."



the manicurist

MADELINE POOLE

Her unique talent for innovative designs, love of colour and intricate detail has made Poole one of the most sought-after nail experts in the industry and a Sally Hansen global ambassador.

INSIDER TIP: "Don't forget to replace your nail file after 10 uses." Try: OPI Brilliance Long Buffer, \$8.95.

O·P·I BRILLIANCE

must-have shades:

From far left: Sally Hansen Miracle Gel in Tidal Wave, \$16.95; Sally Hansen Complete Salon Manicure in Jaded and Jungle Gem, \$14.95 each.

a-list secret: "When you need to fix a chip in a hurry, buff the area around the chip so that the surface is even. Then fill in with a few thin coats of the colour you used and re-top coat the entire nail to seal it all together." Try: Sally Hansen No More Ridges Nail Shaper & Buffer (right), \$4.95.



favourite trend: "The look at Stella McCartney was simple and natural, with two coats of Sally Hansen Complete Salon Manicure in Café Au Lait (above left), \$14.95, and one coat of Sally Hansen Big Matte Top Coat, \$12.95, to give nails a porcelain effect." ▶





the hairstylist

GUIDO PALAU

Juggling an impressive international Fashion Week schedule for designers such as Prada, Christian Dior and Versace, the Redken global ambassador is the go-to guy for skillfully rumpled, cool-girl hair.



favourite look: "I loved the ease of the natural, unstructured hair that I created at many of the shows. Wearing hair in an unstructured way is very fashionable right now."



top tools: Mason Pearson Large Extra B1 Hair Brush (left), \$320; Dateline 510 tail comb (above), \$3.95. "Mason Pearson brushes are expensive, but totally worth the splurge."

hair care: "A professional shampoo and conditioner combo is essential. I recommend Redken Diamond Oil Shampoo and Conditioner, \$22.95 each, to gently cleanse, strengthen and condition all hair types."

BEST BUY



must-have buy:

Redken Signature Look Wind Blown 05 Dry Finishing Spray, \$29.95. "It's the ultimate in texturising – you can't go wrong with it."



the dermatologist

DR LI-CHUEN WONG

Specialising in adult and paediatric dermatology, Dr Li-Chuen Wong is a co-founder of Sydney Skin Newtown and a supervisor of training in dermatology at Westmead Hospital, also in Sydney.



skin essential: "The use of a topical vitamin A cream [such as StriVectin-AR Advanced Retinol Night Treatment, \$120], applied regularly on a nightly basis, will help with pigmentation disorders, prevent mild wrinkles and give the skin a radiant, healthy glow." Don't forget to apply it to your décolletage and the backs of your hands, too.

need to know: "Thankfully, we are realising that sunbaking to get a tan is foolish – it not only ages the skin, but increases the risk of developing a skin cancer." Try: Neutrogena Helioplex Ultra Sheer Face SPF 50+, \$16.99.

INSIDER TIP: "Toners are astringents, which make the skin tight and there is little evidence to say they are beneficial for skin."



anti-ageing must-haves: Alpha hydroxy acids, vitamin A and caffeine. Find them in Elucent Anti Ageing Day Moisturiser SPF 30+, \$49.99.



BEST BUY

expert secret: "The most effective and important anti-ageing product is sunscreen." Try: Aveeno Positively Radiant Daily Moisturiser SPF 15, \$19.99. ▶

PURE RADIANCE

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*Foaming Sonic Facial Soap, \$29,
and Clinique Sonic System Purifying Cleansing Brush, \$135.*

GREAT SKIN JUST GOT BETTER

The Clinique Sonic System Purifying Cleansing Brush delivers a precise but gentle clean to the different areas of the face:

- 1 CHEEKS**
Massage in a light circular motion using the white bristles.
- 2 T-ZONE**
Using the green bristles, move into contours in an up-and-down motion.
- 3 JAWLINE**
Angle the tilted brush head to target the jawline and hairline.

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the body therapist

NICHOLA JOSS

The St. Tropez tanning expert has worked with beauties such as Scarlett Johansson, Gisele Bündchen and Gwyneth Paltrow, earning a reputation for mastering the perfect golden glow.



favourite look: "The skin at Mary Katrantzou was like a healthy breath of fresh air."



a-list secret: "I like to use St. Tropez Skin Illuminator in Gold, \$29.95, on the décolletage, shoulders and down the front of the legs to elongate, contour and make skin glow."

top tip: Prep is key to an even tan. Exfoliating, moisturising and double moisturising dry areas (elbows, knees, hands) is also a must. Try: Garnier Body Tonic Sugar Scrub, \$11.95.

INSIDER TIP:
St. Tropez Self Tan Luxe Dry Oil, \$49.95. "It's perfect for getting that gorgeous, dewy skin."



the skin expert

JOCELYN PETRONI

She's been dubbed Sydney's "skin whisperer" and the sought-after expert for A-listers in town. Her signature treatments and magical hands are synonymous with radiant skin (and utter relaxation).

toolkit essentials:

Chanel Le Vernis Nail Colour in Ballerina (far left), \$39; Sodashi Crystalus Body Oil (left), \$53.90.



BEST BUY

top tip: "There's something about applying a luxe body product that makes me feel special." Try: La Prairie Skin Caviar Luxe Soufflé Body Cream, \$335.

INSIDER TIP: *"Splurge on serums – they deliver the best and most visible skin results as they contain the highest concentration of active ingredients."*

try this: "Most masks can be slept in for an overnight treatment. Apply a creamy nourishing mask and allow it to soak in overnight." Try: Piori Advanced AHA Replenishing Masque, \$70.



must-have buy: Mecca Cosmetica Body Wonder Tinted Body Foundation, \$46. "This lightweight body moisturiser is beautifully tinted with light-reflecting particles for instantly luminous skin." □



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INTO MY
OWN HANDS."

Katie Holmes

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and beauty experts from around the world
have recognised and celebrated the best beauty
breakthroughs with these prestigious awards”*

JACKIE FRANK, PUBLISHER/EDITOR

PERFECT

10

The best beauty products of the year

2015 PRIX D'EXCELLENCE INTERNATIONAL

Among the hundreds of products launched last year, the *marie claire* international jury of *beauty journalists* selected *seven standout products* that exemplify *innovation*, and the Australian jury named its *top three picks*



1

Lancôme Grandiôse Mascara, \$54

The innovative swan-neck stem, designed to work with the shape of the eye, stretches and lifts lashes – one by one, corner to corner – for a false-lash effect.

“It saves time and considerable energy. The curved wand and brush reach every lash, even the tiny ones that make all the difference”



2

Shiseido Ultimune, \$125

Twenty years of research are behind this serum, the first product that reboots the skin's immune system and strengthens its ability to fight damage, helping boost vitality, radiance and youthfulness.

“A scientific discovery that opens a new path in cosmetics”



3

Kiehl's Hydro-Plumping Re-Texturizing Serum Concentrate, \$80

Inspired by professional hydration procedures, this lightweight serum floods the deepest layers of parched skin to dramatically increase moisture levels.

“An immediate ‘wow’ result plus long-term benefits. An essential”



4

Kérastase Densifique range*, from \$44

Comprising a re-pulping shampoo, regenerating mask, densifying mousse and a concentrate, this line contains a patented molecule that kick-starts hair bulbs to recreate new hair. The result: restored density, thickness and volume.



“The effect is spectacular – hair is substantially thicker”



5

Nars**



SPECIAL
JURY
PRIZE

With his keen sense of colour, François Nars juggles shades from nude to bold with effortless elegance. We love his take on a minimalist complexion and dramatic looks. We love the textures. And we especially love that, to mark the brand's 20th anniversary, Mr Nars launched the Audacious Lipstick collection brimming with intense colours, full coverage and a matt finish.

“François Nars displays a true love of women, and of what can make her even more beautiful and desirable”

THE INTERNATIONAL MARIE CLAIRE JUDGES

Ariane Goldet, *marie claire* France
So Young An, *marie claire* Korea
Erin Flaherty, *marie claire* US
Ling Jia, *marie claire* China
Anastasia Kharitonova, *marie claire* Russia
Lisa Oxenham, *marie claire* UK
Maria Vittoria Pozzi, *marie claire* Italy

The panel of global judges included the following beauty journalists: Catherine Baudet; Sabrina Bottone; Emmanuelle Demarest; Marie-Françoise Dubillon; Dominique Garnier; Aurélie Lambillon; Emmanuelle Lannes; Julie Levoyer; Brigitte Papin; Béatrice Thivend; Alexandra Raillan; Virginie de Tarlé. ▶

PHOTOGRAPHED BY MAX CARDELLI; EDWARD URRUTIA. *PICTURED HERE: FROM LEFT: KÉRASTASE DENSIFIQUE DENSIMORPHOSE MOUSSE, \$46; MASQUE DENSITÉ, \$62; BAÏN DENSITÉ SHAMPOO, \$44; HAIR DENSITY PROGRAMME, \$55. **PICTURED HERE: FROM LEFT: NARS AUDACIOUS LIPSTICK IN LANA, \$44; NAIL POLISH IN DOVINA, \$26; LUMINOUS POWDER FOUNDATION, \$64; LARGER THAN LIFE LIP GLOSS IN ETERNAL RED, \$35; VELVET LIP LINER IN NIHWATU, \$32



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*An anti-ageing complex of 7 active ingredients: LHA, Pro-Retinol, Vitamin C, Vitamin B3 & B5, firming peptides, anti-oxidant ginger.

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6

Clarins Radiance-Plus Golden Glow Booster, \$32

This concentrated serum allows you to gradually build colour until you're just the right shade of sun-kissed.

"A genius idea and the solution to fatigue – or lack of a vacation"



7

Garnier Skin Naturals Miracle Skin Cream, \$19.95

This creamy formula works instantly and over time: first, self-adjusting optical technology smooths and illuminates; and long-term, seven anti-ageing ingredients help reduce wrinkles, spots and sagging.

"The result on skin is astonishing. This product is both well-named and priced"



2015 PRIX D'EXCELLENCE AUSTRALIA

8

Chanel Les Beiges All-In-One Healthy Glow Fluid, \$77

With hydrating, luminising and perfecting properties, the powder-meets-soft-focus-gel formula melts into skin for a lit-from-within glow.

"This tinted moisturiser gets it right: enough coverage to conceal imperfections, but sheer enough so skin still looks like skin"



9

Clinique Sonic System Purifying Cleansing Brush, \$135

Developed by dermatologists, the brush combines sonic movements and an angled tip that targets the T-zone, for a thorough yet gentle clean.

"A clever cleansing tool that's ideal for sensitive skin"



10

Revlon ColorStay Gel Envy Longwear Nail Enamel*, \$16.95 each

With longevity to rival a professional gel manicure, this two-step system delivers vivid, glossy colour that removes easily, for the ultimate in flexibility.

"It takes a previously salon-only result and makes it achievable at home"



THE AUSTRALIAN JUDGES

Sherine Youssef, *marie claire* Australia
Lucy Adams, *marie claire* Australia
Danielle Jackson, *WHO*

marie claire

PRIX
D'EXCELLENCE
DE LA BEAUTÉ
2015



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SHISEIDO

THE SUMMER EDIT

LOOKING TO UPDATE YOUR BEAUTY BAG? HERE, WE REVEAL SOME OF OUR TOP PICKS FOR THE NEW SEASON AS FOUND IN THE PARCEL BY MARIE CLAIRE



1 **REVLON** AGE DEFYING CC CREAM SPF 30, \$26.95

Short on time and after a barely-there make-up base? Then this multi-tasking colour-correcting cream might just be what you're after. It works to address the first signs of ageing (think: fine lines, dehydration, hyper-pigmentation and uneven tone), while offering buildable coverage with a broad spectrum SPF 30.

2 **JERGENS** ULTRA HEALING EXTRA DRY SKIN MOISTURISER 100ML, \$5.99

For more than a century, Jergens beauty products have been a staple in the bathroom cabinets of American women, and now this body-loving range is finally available on our shores. As a The Parcel exclusive, subscribers are among the first to try the brand's coveted body moisturiser.

3 **JOHN FRIEDA** LUXURIOUS VOLUME TOUCHABLY FULL SHAMPOO AND CONDITIONER, \$15.99 EACH, AND FINE TO FULL BLOW-OUT SPRAY, \$16.99

Party season calls for beautiful, bouncy hair, so get set for your next big night out with this volumising range. Wash with the shampoo and conditioner, then mist the spray to your roots and comb through before blow-drying, for va-va-voom volume with a naturally soft feel.

4 **ESSIE** NAIL POLISH, \$16.95, AND TOP COAT, \$17.95

From pretty pinks to classic red, you will have received one of Essie's top-selling nail polishes. Apply two coats of the feminine shade and finish with a slick of top coat for a high-shine, longer-lasting mani.

5 **ELIZABETH ARDEN** EIGHT HOUR CREAM SKIN PROTECTANT 50ML, \$25

This iconic do-it-all balm helps to soothe, soften and protect dry or mildly irritated skin. For a dewy glow, try mixing it with your foundation, or dab across the tops of your cheeks for an instant radiance boost throughout the day.

6 **PHILOSOPHY** PURITY MADE SIMPLE 3-IN-1 CLEANSER FOR FACE AND EYES 90ML, \$15

Remove make-up, dissolve dirt, tone and lightly hydrate your complexion in one simple step. At the end of the day, massage the award-winning pH-balanced cleanser into a lightly damp face (even around the eye area), rinse off and pat dry.

7 **ESTÉE LAUDER** ADVANCED NIGHT REPAIR EYE, \$95

Zone in on fine lines, wrinkles, puffiness, dark circles, dryness and uneven skin tone around the eyes with this powerful gel serum. Suitable for all skin types, it's Australia's number-one eye treatment.

Products shown are full-size and not to scale. In The Parcel by *marie claire* you will receive deluxe-size samples. Product shades may vary.



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MARIE CLAIRE LOVES

With 10 shades, from subtle to siren, it's hard to choose just one of Maybelline New York's Colour Drama Intense Velvet Lip Pencil Collection, \$9.95 each. Pictured here, from top: Light Up, Fuchsia Desire and Red Essential.

Embrace the new season with the pretty pastels and punchy pinks in Dior Kingdom of Colors Spring 2015 Palette for Face, Eyes & Lips, \$125.



IN THE NUDE

One of the biggest trends from the recent shows was a neutral, barely there face, and make-up maestro François Nars masters the look with his latest collection. Pictured here, from top: Nars Spring 2015 Colour Collection Eyeshadow Duo in St Paul De Vence, \$46, Blush in Reckless, \$39, and Lipstick in Liguria, \$34.



SUPER SERUM

Thanks to its smart regenerative technology, Shiseido Bio-Performance Glow Revival Serum, \$125, helps rejuvenate capillaries (which supply skin with vital nutrients and oxygen) to reveal a more radiant, even complexion.

what's new



The 360-degree conical brush in the L'Oréal Paris Mega Volume Miss Manga Mascara, \$19.95, helps evenly apply the volume-boosting formula to upper and lower lashes for the ultimate Kawaii doll effect.

STOP THE CLOCK

Upon first contact you won't notice a thing, but rub Garnier Skin Naturals Miracle Skin Cream, \$19.95, into your skin and see it auto-adjust to your complexion. The formula also tackles wrinkles, dark spots and dehydration thanks to a clever combination of antioxidants. ▶



EYE SPY

Illuminate shadows and fight crow's-feet with the latest in eye creams.

LIFT + FIRM

Aveda Botanical Kinetics Energizing Eye Creme, \$54.

SOOTHE + BRIGHTEN

La Mer The Illuminating Eye Gel, \$195.

HYDRATE + SMOOTH

La Prairie Cellular Swiss Ice Crystal Eye Cream, \$275.





MULTI-TASKING MAKE-UP COLOUR

Busy women rejoice: Clinique Beyond Perfecting Foundation + Concealer, \$50, allows you to cover and conceal (with a full yet flawless coverage) with just one swipe of the unique oversized applicator.



MANE EVENT

Tried and Tested:

Wella Professionals FREELIGHTS, from \$100.

They say: "Superior and innovative lightening technology specifically developed for free-hand techniques to create foil-free, natural, sun-kissed colour."

We say: "I love to think that I'm still a natural blonde. So the biggest compliment you can pay me is to ask whether my hair is actually coloured and Freelights gives you that effect. I'm hooked."

For a lit-from-within look, tap and blend the five shades in Napoleon Perdis Light Switch Luminizer Palette in Let Your Light Shine, \$70, over the high points of the face.



TOP TIP

YSL make-up artist Lloyd Simmonds likes to finish a look with a light dusting of a luminous face powder. Try YSL Palette Lumière de Jour Glow Enhancing Pressed Powder, \$79.

GOING THE DISTANCE

If you want to make a statement with your eyes, but don't have time for touch ups, consider a long-wearing cream-to-powder formula like **Giorgio Armani's Eye Tint in Flannel**, \$53.



ISLAND ESCAPE

Dreaming of an adventure, but can't leave your desk? Take yourself on a sensorial journey with the mix of fig, mandarin and frangipani in **Elie Saab Le Parfum Resort EDT**, 90ml, \$157.



FACE TIME

That no-make-up dash to the corner store could be a reality with **Philosophy No Reason to Hide Serum**, \$75. Its blend of anti-ageing superheroes helps curb redness and uneven skin tone.



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ALLURING FINE FRAGRANCES



Just a little **LUX**



1
Dusted on cheekbones and temples, **Dior Diorskin Nude Shimmer Instant Illuminating Powder** in Amber, \$84, imbues skin with ethereal radiance.



3
YSL Forever Light Creator CC Crème in Lavender, \$89, gives sallow skin an instant brightening boost, while the skincare ingredients work on long-term colour correction.

2
Tinted moisturiser gets a deluxe makeover with **Chanel Les Beiges All-In-One Healthy Glow Fluid**, \$77 – hyaluronic acid hydrates the skin, while tiny gold particles illuminate.



10
Powder blush can be flat, but **Hourglass Ambient Lighting Blush** in Mood Exposure, \$62, diffuses surrounding light, giving cheeks an incandescent flush.



4
The soft-reflection optics in **Estée Lauder Illuminating Perfecting Primer**, \$48, minimise the appearance of pores and flaws, and maximise luminosity.

10 of the best

Glow-getters for an on-trend, luminous look



9
Lightweight and with light-reflecting properties, **Clinique Airbrush Concealer**, \$40, helps reduce the appearance of fine lines and wrinkles.

7
Applied sparingly on eyelids and lips, **Elizabeth Arden Eight Hour Cream Skin Protectant**, \$25, imparts a subtle sheen.



5
Shiseido Future Solution LX Total Radiance Foundation, \$110, has a creamy formula that continuously adapts to skin changes for an all-day glow.



8
Used alone or mixed with foundation, **Revlon PhotoReady Skinlights Face Illuminator** in (from top) Bare Light, Pink Light and Bronze Light, \$29.95 each, leaves skin gleaming.

6
For a bright-eyed effect, trace **Benefit High Brow Glow**, \$39, along the brow bone and blend.



SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY EDWARD URRUTIA. TEXT BY SHERINE YOUSSEF

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marie claire
wellness



your best body breakthrough

Has your workout performance plateaued? Try one of these five tweaks to your routine to break out of any fitness rut

1 WARM UP FIRST, NO EXCUSES

If you skip your warm-up (we know, it's tempting), you cheat yourself out of maximum results. Prime your body the right way and you can train harder, burn more kilojoules and prevent injury. Here's how:

Take five Spend five minutes doing moves that gently work as many muscle groups as possible (jumping jacks, butt kicks, windmills). "This increases circulation and activates muscles so you get more out of your workout," says exercise physiologist Tom Holland, author of *Beat The Gym*.

Roll, don't stretch Just one minute of loosening muscles with a foam roller increases their range of motion (ROM) without sapping your strength the way static stretching does, a Canadian study* found. And the greater your ROM, the more effective your exercises.



2 TRICK YOUR MUSCLES

When your body gets used to a routine, it becomes more efficient – and you stop seeing results. Your muscles aren't *that* smart, though. Keep them guessing with simple switch-ups.

Swap equipment Do the moves you love, just change the tools. Trade dumbbells for a cable machine or TRX. Do ab exercises on a

stability ball instead of the floor. "Your body has to work harder to adapt when faced with unfamiliar grips and movement patterns," explains Holland.

Change the order

If you have a go-to strength routine, work through it backwards. Or mix up the moves entirely. "Fatiguing your muscles in a different way than you normally do feels like a whole new routine," says Holland.

3 GO HARDER

Not seeing results? You may not be sweating enough. (Working out means you have to *work*.) To up your game ...

Progress your moves One shortcut to toned muscles is to increase the amount you're lifting, but it's not the only way. Experiment with using your body weight differently. "Once you've mastered a basic squat or push-up, try it with one leg lifted," suggests fitness instructor Stephanie Vitorino. This will shift the weight so each side (and your core) has to work harder to hold the weight and balance.

Take baby steps "A painless way to up your cardio is to increase intensity or time by up to 10 per cent each week," says Dorette Franks, a USA Track & Field coach. So if you run at 10km/h on the treadmill, bump it up to somewhere between 10.1 and 10.6 for your next session.



PHOTOGRAPHED BY ARTHUR BELEBEAU/TRUNKARCHIVE.COM/SHAPPER MEDIA; GETTY IMAGES. TEXT BY LARA ROSENBAUM. *THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH VOL. 27, NO. 3 (2013) **THE JOURNAL OF PHYSIOLOGY VOL. 588 (2010); *THE JOURNAL OF BIOLOGY OF EXERCISE VOL. 4 (2008). THIS STORY WAS FIRST PUBLISHED IN SELF MAGAZINE



4 CHANGE FREQUENCY

Assuming you're already sweating three or more days a week, manipulate your schedule to boost results.

Break up sessions If you run 6km twice a week, try doing 3km four times a week (or vice versa). "You'll fatigue more intensely, which can trigger change," says Holland.

Be flexible Mixing up the time of day you work out can give you an edge, depending on your goal. To melt fat, exercise before breakfast – it helps you burn stored fat instead of dietary carbs (muscles' usual energy source), a recent study* shows. To boost strength and kilojoule burn, go in the evening – cyclists who sprinted between 4pm and 8pm had more power than those who rode in the morning, a UK study† revealed.

5 MAKE TIME TO RECOVER

Permission to relax. You actually get fitter between workouts – it's when your body repairs (aka builds) muscle. Ensure you add some R&R to your plan:

Try active recovery Do an easy activity (light cardio, a restorative yoga class) on days between tough workouts. "The idea is to rest while you gently move, to keep your muscles from getting stiff, to get the blood flowing and to ensure healing," reveals Holland.

Take a day or two off You need at least one no-exercise day each week, suggests Holland. If you don't take a break, you're at risk of injury because you're not giving your body enough time to repair. Plus, you won't perform as well on days you're going all-out. Occasionally, take a week off. If you've been hitting it hard five to seven days a week for months, take seven days of downtime. "Plateaus can be a sign that your body is tired and needs extra time to recover," says Holly Perkins, a women's strength specialist. It will help you to return to the gym refreshed and ready to kill it once again. □

build a better *brekkie*

Want buckets of energy and a fast track to your best body? Here's your wake-up call

You might think of it as just another task that's going to make you miss the train, but experts point to breakfast as the key to a better day – and body. “The right-sized breakfast can supercharge your metabolism, provide you with an abundance of energy, keep you focused and alert, balance your moods and regulate your blood sugar levels – all by supplying your body with a nutrient-rich start to the day,” says nutritionist Casey-Lee Lyons (livelovenourish.com.au), adding that getting the morning mix right is vital when it comes to staying trim. Here's what to aim for:

1680 kilojoules

Don't hold back – eating approximately a quarter of your daily intake first thing will boost your metabolism, carry you through to your next meal without cravings and reduce the likelihood of overeating later in the day, according to Lyons.

20 grams PROTEIN

We should be eating a gram of protein for every kilo we carry, advises dietician Sarah Leung (healthyenergy.net.au), and higher-protein diets can help us stay fuller longer, while reducing cravings. Load up on eggs, plain Greek yoghurt or smoked salmon to hit the mark.

1–15 grams SUGAR

“Too much sugar will raise your blood glucose levels rapidly, affecting your mood, concentration and hunger signals, and can lead to weight gain,” says Lyons. “Choose fruit – natural sugar sources that also contain vitamins, minerals and antioxidants – rather than refined sugars found in sugary cereals or pastries.” A medium-sized banana or small apple will cover you.

20% healthy fats

Avocado, nuts, coconut or coconut oil and nut butters all provide long-lasting energy sources, curb sugar cravings and leave you satisfied for longer, so make a fifth of your meal fat-based, says Lyons. Just keep animal-based saturated fats, like butter, milk and cheese, to a minimum.

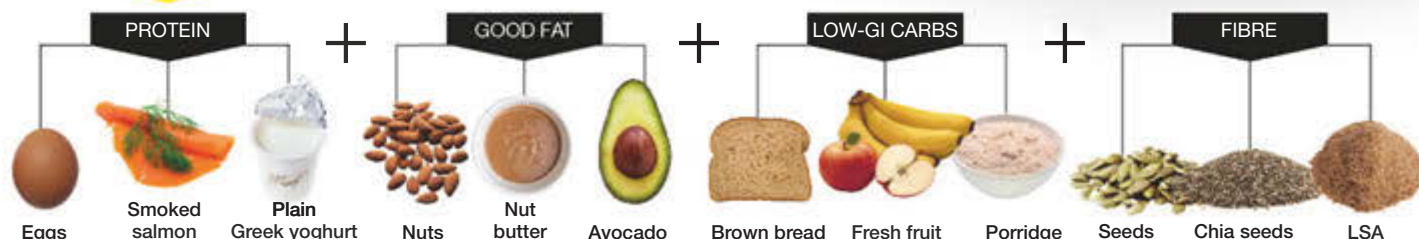
8+ GRAMS FIBRE

It's one of the keys to keeping your appetite in check, our experts agree. Load up on filling fibre – found in wholegrain cereals, nuts, seeds, LSA or psyllium husks – first thing.

BREKKIE

MIX-AND-MATCH

Pick one of each:



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what's *really* eating your energy?

Here's how you can work out what's behind that blah feeling

START

Are you sleeping enough?

I doubt it

You're tired

Don't kid yourself – you need that shut-eye. "The quality of your sleep directly affects the quality of your waking life," says naturopath and nutritionist Lindy Cook. "Sleeping less than six hours a night can cause a 40 per cent drop in sensitivity to insulin."

Those 7–9 hours are the best part of my day

What do you like to eat for breakfast?

Poached eggs on toast, please

Fruit salad

Muffin

Toast with jam

Nothing

You're not fuelling your body right

"Having a heavy-carb, fruit-only breakfast – or nothing at all – plays havoc with blood-sugar levels, leaving a person feeling hungry, irritable and foggy," says naturopath and author Leisa Wheeler*. Make sure you're getting a mix of complex carbs, protein and healthy fat.

Nice. What about workouts?

I'm at the gym most days

What workouts?

Exercise = energy

"It's essential for managing stress, getting better sleep and good energy levels," says Wheeler. One US study found that 20 minutes of low-intensity exercise three times a week decreased feelings of fatigue by 65 per cent.

Are you stressed out at work?

That's an understatement

Hello, burnout

"Workplace stress is one of the most common reasons for fatigue," says Wheeler. Adds fatigue management expert Rhett Morris**, "Set your priorities regularly – you should be number one. Start your day acknowledging what outcomes you can and can't control."

I'm busy but OK

Are you drinking plenty of water?

Probably not

You're dehydrated

A study published in *The Journal Of Nutrition* showed that women who were only mildly dehydrated experienced significant energy crashes. Down at least 1.5 litres a day.

Yes

It could be something more serious

Don't freak out, but do see a doctor. These conditions count fatigue as a symptom*:

- Hypothyroidism
- Food sensitivities
- Hormone imbalances
- Glandular fever
- Adrenal insufficiency
- Lyme disease
- Hypoglycaemia
- Depression





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Below: Jackie Frank (right) with Lara Bingle at the last Prix de *marie claire* Awards.

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- Best Skincare Product (splurge)
- Best Skincare Product (steal)
- Best Haircare/Styling Product (splurge)
- Best Haircare/Styling Product (steal)
- Best Body Product (splurge)
- Best Body Product (steal)
- Best Australian Beauty Brand
- Best Men's Grooming Product
- Best Men's Fragrance



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TOTAL RECALL

Here's another reason to pump it up: according to a recent study by Georgia Tech in the US, just 20 minutes of intense resistance exercise can boost your memory by 10 per cent. Researchers think this is linked to participants having increased saliva measures of a stress hormone, which is linked to enhanced memory function after their workouts.

3
Australian women
are diagnosed with
ovarian cancer
every day.*

February is Ovarian Cancer Awareness Month. Raise funds for research by hosting an "Afternoon Teal" for Ovarian Cancer Australia. Visit ovariancancer.net.au.



OAT CUISINE

According to the *British Journal Of Nutrition*** oats can play an important role in improving diet quality, plus digestive and cardiovascular health.

Up the flavour ante with a bowl of O&G by Uncle Tobys, which contains oats, rye and barley with chunks of fruit and nuts.

what's new

FACT

Dunking your bread in olive oil can reduce your risk of heart disease in just

6 weeks
according to a 2014 European study.†



WINTER CHIC

Hitting the slopes o/s? British label **House Of Holland's** latest collaboration with **Roxy** is a capsule collection of skiwear in retro polka-dot print. Priced from \$80, this kitsch range will surely make an après statement. Visit Net-a-sporter.com.



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THE new guard

In a world of *rapidly evolving* technology and media, there's been a shift away from the “*boys' club*” of old. Kelli Armstrong meets the inspiring Australian women who are *rewriting the script*

TV POWERHOUSE

It's a week since the Lindt Cafe siege took place opposite Channel Seven's studios in Sydney's Martin Place. *marie claire* is meeting with Sarah Stinson, the station's executive producer of ratings favourites *The Morning Show* and *The Daily Edition*, and she admits the energy in the office has suffered.

“As journalists we're taught not to let our emotions get involved,” says Stinson, recalling that it was *The Morning Show* hosts, Kylie Gillies and Larry Emdur, who broke the news to a shocked nation of the hostage situation unfolding across the plaza. “The journo in me kicked in and I thought, ‘We've got to follow this story.’” But as executive producer, Stinson is responsible for a team of up to 30, so she closed the set and moved the staff off site.

It's that gut instinct, complemented by talent, tenacity and curiosity, that has seen her rise from an intern at Channel Nine to researcher on the *Today* show, then producer on *A Current Affair*. In 2005, she moved to Seven to become chief of staff on *Today Tonight* before landing the EP gig on *The Morning Show* in 2010, making her one of the most senior women in Australian television news.

“It's the perfect industry for me to be in because I'm genuinely interested in the world and what happens. I've always been an observer,” declares Stinson, whose background has seen her cover groundbreaking news stories, land exclusive interviews, and hide more cameras than she can remember.

A self-confessed “news junkie”, Stinson turned a month of work experience at Nine into a year of learning. “I created jobs for myself. I just loved it and I was learning about the environment and the culture. I'd love how arguments would go on, then they'd make up – it was a blokey culture, but I can work with men and it was the best training because [now] nothing shocks me at all.”

Stinson's first paying job was managing the autocue for late newsreader Ian Ross. That led to a role as production assistant/junior editor at *Today*. “I was so bad at editing. Terrible. But if I don't know something I find out how to do it and I ask the right questions.” Taking the initiative, Stinson was able to expand her roles and she is now the only female TV executive with two daily lifestyle television shows under her guidance, and looks for that same drive in members of ▶



“I’m extremely competitive, so I’m always looking for ways to improve what we do and how we do it”

PHOTOGRAPHED BY TOMASZ MACHNIK. HAIR AND MAKE-UP BY YOLANDA LUKOWSKI/DLM. STYLED BY JANA FOKORNY. SARAH WEARS: JACKET AND BLOUSE BY PROENZA SCHOUER AT PARLOUR X; JEANS BY J BRAND; SHOES BY ALEXANDER MCQUEEN AT COSMOPOLITAN SHOES

MAKING THE NEWS

Overseeing three and a half hours of live television is all in a day's work for Channel Seven executive producer Sarah Stinson.

her own team. "I love it when people create opportunities to make the show better as long as they deliver on their actual position. No-one just does the minimum anymore. You've got to exceed expectations with everything you do."

Stinson's accomplishments impress in an industry that is very tough and highly scrutinised. "We're constantly evolving because there are so many different places we can take the program," she explains. "We've always got side projects on the go within what we do."

One of those projects was *The Daily Edition*. Although the afternoon lifestyle show was launched against the odds in 2013, when many programs were being axed, it has gone on to be a lucrative money-spinner for the Seven Network. But it isn't something Stinson takes for granted. "We treat every day as if we're the underdogs. I'm extremely competitive, but mostly with myself – so I'm always looking for ways to improve what we do and how we do it."

Citing a "no bullshit" way of telling stories as the recipe that gets return viewers and advertisers, plus an eye for innovation, Stinson isn't afraid of the competition raising the stakes.

"I want them to stay on air and I want them to improve because we need to be more competitive in Australian media. Complacency doesn't help the industry evolve; a bit of healthy competition can only improve the quality of what we're giving viewers."

Stinson reveals she encourages a "Raise, Resolve, Move On" manifesto among her staff. "If you've got an issue,

"You've got to exceed expectations with everything you do"

raise it, we're going to fix it and move on. Office politics doesn't have a life here."

For many, the pressure of overseeing three and a half hours of live television a day would be too much, but Stinson takes it all in her savvy stride, although work days are exceptionally long. She has scanned the newspapers and read the headlines every morning by 6am in preparation for her first production call. And while technology means she isn't tied to her desk all of the time, it's not unusual for her to be troubleshooting

and brainstorming ideas until well after midnight. Future talent development is another focus for Stinson. As well as her own team, she co-runs a mentoring group for young females working across television, radio, print and online, helping them with everything from career advice, to office politics, to making contacts within the industry.

"It's definitely a lifestyle. There's always pressure, but I don't freak out because if something goes wrong, I'll fix it. I'm 35 – it's taken me a while, but I've worked out nothing in life goes to plan. And I use my instinct. If ratings are slightly down I'll work out how to raise them – it's a good kick in the arse."

With longevity in the industry in mind, Stinson and her team will continue to prove their mettle with enterprising projects in line for 2015. "I like to think in terms of short-, medium- and long-term goals. I want to shake things up, bring in new talent ... there may be another show and I like that challenge. I'll never become complacent; I'm too hard on myself. Who knows what the future holds? Right now, I am incredibly grateful to work in an industry I love, with people I adore."

SO HOT RIGHT NOW

The booming industries of the arts, digital, and creative production have spawned new powerbrokers. Here are our ones to watch



The show-off
JANE LU
Founder and CEO, showpo.com.au

She's a self-made millionaire (with revenue of \$10 million) thanks to swapping her job as a business analyst, in 2010, for her first love: Facebook and online shopping.

Cool factor She's unconventional. "There are no rules.

I mean, who put these rules there that you need to have a business plan?" asks the 27-year-old entrepreneur, who has her sights set on becoming the largest online boutique retailer of women's fashion in Australia.

Social mojo Showpo's schtick is all about providing a cool-girl hangout, and it's working. The site has an online tribe of more than 457,000 Facebook likes, plus 410,000 Instagram followers, and counting.



The special occasionalist
NYREE CORBY
Founder and CEO, fameandpartners.com

Corby launched her first start-up at 21 and, in 2008, won the NSW Telstra Young Business Woman of the Year Award before it all came crashing down in a debt-laden mess. However, her fails seem to have

given her a nose for niche, and funders have backed her push into the billion-dollar formal/prom industry.

Bragging rights

The US market accounts for 50 per cent of Fame & Partner's sales, and the site averages an impressive 80 per cent month-on-month growth.

Paying it forward

Her Fashion IT Girl Career Program aims to kickstart young girls' careers in fashion. Kudos also for the inclusion of dress customisation.



A force in beauty **KATE MORRIS**

Founder and CEO,
adorebeauty.com.au

In 1999, Morris was struggling to find cult beauty products at home in Tasmania, so the enterprising business graduate and part-time cosmetics counter gal followed her vision and Adore Beauty was born.

Pioneering moment

She started with two brands online and was selling one product per week. Cut to 2014 and the site now features 120 brands – including her recent coup of signing up Estée Lauder brands such as Clinique and Bobbi Brown – and attracts two million visitors per year.

Winning formula The awesome appeal of her “Findation” service – finding the perfect foundation shade for customers – offers a unique proposition in a crowded market.



Bikini boomer **ERIN DEERING**

Co-founder,
triangl.com.au

In 2012, Erin Deering was broke and living on tinned food in Hong



TECH HEADS

1 Maile Carnegie, **managing director,** **Google, Aus and NZ**

Carnegie took over the top tech gig in 2013, after cold-calling the company when she read they needed a new boss. She is applauded for prioritising family, flexible work conditions and childcare, plus promoting women in tech roles and the digital revolution Down Under.

2 Pip Marlow, **managing director,** **Microsoft Australia**

Marlow’s impressive “self-taught” IT career is thanks to hard work, determination and asking for what she wanted in a male-dominated industry. She says of being a role model for other women: “Being a female CEO is a

Despite the dearth of female talent in digital and the scramble to attract more, there’s no denying that at the top end of town the power positions are dominated by women

privilege and responsibility ... [proving] that you can do it ... in a way that you don’t have to sell your soul.”

3 Kate Burleigh, **managing director,** **Intel Australia**

An ARN Hall of Fame inductee in 2014, Burleigh landed the MD role in 2012 after climbing the marketing ranks and ensuring her skills were visible. “I say to my staff [that] if they don’t make it clear what they want to do, don’t expect other people to work it out.”

4 Karen Stocks, **managing director,** **Twitter Australia**

Since landing the top gig when Twitter introduced a corporate arm in Australia

in 2013, Stocks’s MO has been to secure Twitter Australia’s place on the international IT map by making it the leading global office for the company.

5 Jane Huxley, **managing director,** **Pandora ANZ**

Joining the crowded market competing for our earbuds, Pandora’s Music Genome Project will be amped up to highlight its point of difference in the burgeoning music-streaming industry.

6 Kate Vale, **managing director,** **Spotify Aus and NZ**

One in five Australians have tried Spotify and Vale is keen to consolidate this lead position in 2015.

Kong with her partner, Craig Ellis, while working to launch an e-commerce business selling bikinis. Now, their designs are the preferred choice of many celebs, and their business kicked over \$25 million in its second year.

Winning formula

Products are never discounted and are only available from the site.

Social mojo Deering and Ellis make no secret of using social media as their

marketing platform. Triangl’s Instagram account boasts 1.5 million followers, and when a celebrity like Kendall Jenner posts an image of herself wearing one of their neoprene bikinis, sales go gangbusters.



Twin engine **JULIE & SALI STEVANJA**

Co-founders, stylerunner.com

Because their own workout gear needs weren’t being met, the self-described energetic and ambitious sisters saw a gap in the market, and launched the first global online activewear site in October 2012.

Bragging rights The company has an annual turnover of more than \$2 million and ships orders to 60-odd countries. Recently, it became the first global online retail partner of activewear behemoth Lululemon.

Genius move Big on company culture (including unlimited annual leave for staff), they’ve seen 25–50 per cent month-on-month growth. ▶

Money confidence: your questions answered

Q I'm looking to purchase a property and I'm wondering what costs I should be aware of or look out for.

A Buying a property is an exciting time and is likely to be one of the biggest purchases you'll ever make. Once you've saved your deposit (usually at least 10 per cent of the purchase price) and have an idea of the property price, there are some common costs to consider which can often be overlooked:

Stamp duty This is based on the market value of the property or the purchase price (whichever is the greater). The amount varies between each state and exemptions and concessions may apply in some circumstances.

Registration fees Whenever a property changes hands, a Transfer of Land document is lodged to record the change of ownership. You'll need to pay a registration fee on the land transfer plus a government charge to register your mortgage document.

Solicitors/conveyancers Talking to a professional will help ensure your paperwork is filled in correctly and that everything runs smoothly. These fees will depend on the amount of time and work required.

Loan Approval Fees Most lenders charge a Loan Approval Fee which covers preparation of security documents, application costs and other loan establishment costs.

Lenders Mortgage Insurance Lenders Mortgage Insurance (LMI) is insurance payable by a borrower (as a one-off cost) which protects a lender against the risk of financial loss in the unlikely event that the borrower is unable to fulfil their commitments under their home loan. LMI is usually required when you borrow more than 80 per cent of the value of the security property, depending on your circumstances and your lender's requirements.

Visit anz.com for tools and calculators to help guide you in relation to the costs associated with buying a property, and talk to an ANZ Home Loan Specialist about your home-loan needs.

Jean Marchant
ANZ Home Investment and Lending Manager



This information is general in nature and does not take into account your personal needs and financial circumstances, and is not a substitute for professional advice. Please consider if it is appropriate for you. Other costs, fees and charges may apply. ANZ calculators provide an estimate only and do not constitute a quote. All applications for credit are subject to ANZ's normal credit approval criteria. Australian credit licence number 234527. Australia and New Zealand Banking Group Limited (ANZ) 2014 ABN 11 005 357 522. ANZ's colour blue is a trade mark of ANZ.



Bright spark
JESS SCULLY
Festival director, Vivid Ideas, Vivid Sydney

In her role with globally recognised Vivid Sydney, Scully continues to crush her rad job of "connecting creative practitioners with global leaders".

Pedigree Rapidly becoming one of our most connected up-and-comers, the former law student and magazine editor has had stints serving as a policy advisor to the NSW minister of the arts, and is one of the curators of TEDxSydney.

Bragging rights Vivid Sydney 2014 showcased 140 artists from 15 countries, and welcomed a record crowd of almost 1.5 million people.



The wordsmith
JEMMA BIRRELL
Artistic Director, Sydney Writers' Festival

In 2014 – Birrell's second year with SWF – her diverse programming secured 450 writers to entertain at 350 events in 60 different venues, which was credited with attracting record crowds. "Literature is a living, vibrant force," she says. "I want to celebrate the exuberance of writing in all of its diverse forms."



Girl power
EMMA ISAACS
CEO, Business Chicks

Isaacs has been around for such a long time, it's easy to forget this powerhouse connector is only 35.

Bragging rights Not only has Isaacs grown Business Chicks's national membership to more than 30,000, she has raised \$10 million for charity through her networking lunches. She is also a prominent keynote speaker, a mum to three girls (with a fourth baby on the way), and has peeps like Richard Branson on speed dial.

Power pals Isaacs's contact book is her calling card and she has a knack for winning over notables like Seth Godin, Arianna Huffington, Rachel Zoe and Bob Geldof.

Pedigree After a career in publishing, Birrell relocated to Paris where she joined world-renowned bookshop Shakespeare and Company as its first-ever events director.

Power pals Alain de Botton, Martin Amis, Richard Roxburgh, et al.



Curator of cool
KAREN QUINLAN
Director, Bendigo Art Gallery

Quinlan has successfully cemented Bendigo Art Gallery on the global arts map, since she began her tenure in 1996 as curator, before becoming director in 2000. The gallery consistently punches above its weight, with its growing modern-art collection and high-profile international exhibitions.

Bragging rights Not since the gold rush in the mid 1800s has the regional Victorian town seen such growth, with the gallery now boasting some 300,000 visitors per year.

Notable highlights Among many, the Grace Kelly

exhibition was opened by none other than Princess Charlene of Monaco.

Power pals Karen has enviably established ongoing relationships with the Royal Academy of Arts, the Victoria & Albert Museum in London, and The British Museum.



Gallery gal
EMILYA COLLIVER
Founder and director, artpharmacy.com.au

Making affordable art accessible to everyone is the philosophy behind this online gallery site, which sells artwork by emerging artists from as little as \$20.

Agent of change After working in many commercial galleries overseas, Colliver realised the average artwork price tag was out of reach for many art lovers, and became committed to transforming that culture.

Winning formula There's nothing like seeing art in the flesh. Colliver gets that, and exercises the power of the pop-up exhibition.

SOCIAL SET

When it comes to the new darlings of digital, there's only one thing that counts: numbers!


Margaret Zhang

Law student by day, fashion blogger/photographer/stylist by night, with 328,000 Instagram followers.
shinebythree.com


Nicole Warne

Considered a global digital influencer courtesy of her fashion blog and spin-off social sites – which boast more than 1.1 million fans.
garypeppergirl.com


Lauren Curtis

She has the number-one beauty channel on YouTube Australia, with 2.57 million subscribers here and overseas. youtube.com/user/laurenbeautyy


Natalie Tran

The poster girl of comedy video blogging has racked up half a billion YouTube hits and 1.6 million subscribers. youtube.com/user/communitychannel


Belle Gibson

The enormous success of her food app caught the attention of Apple executives. Now, her whole-living food apps have become a mainstay of the multinational's devices. thewholepantryapp.com


Theatre's It girl
LALLY KATZ
Playwright

Darling of the indie theatre scene for some time, Katz has been on the verge of "overnight success" since 2011. In that one year, three of her plays debuted on stages in Australia. **Pedigree** Katz's tour de force, *Stories I Want To Tell You In Person*, won over a new following of theatre fans, and is being adapted for the small screen to air on the ABC later this year.


Creative arts slashie
MIRRAH FOULKES
Director/actress/writer

You may know her from her acting work in *Animal Kingdom*, *Sleeping Beauty* and TV drama staple *All Saints*, but she is now a triple threat: actress, screenwriter and director of short films.

Power pals Foulkes is hanging with the cool kids of the Blue-Tongue Films posse (yep, that's the Edgerton brothers and co). Plus, Jacki Weaver starred in her latest short, *Florence Has Left The Building*.

Bragging rights Her first short film, *Dumpy Goes To The Big Smoke*, had her crowned Best Director at the Flickerfest International Short Film awards in 2013.


Start-up star
MELANIE PERKINS
CEO, canva.com

At 27, Perkins is onto her second start-up, after the massive success of Fusion Books – a graphic-design app that allows schools to create their own yearbooks. **Game changer** She's upped the ante with online design platform, Canva, which is backed by major industry VIPs – making her one of the more influential players in the local design and tech industries.


Small-screen queen
DAINA REID
Director

She's behind the camera of some of our most popular recent TV shows.

Best move A former improv devotee and cast

member of sketch comedy show *Full Frontal*, she found a new groove after shifting behind the scenes.

Bragging rights She's the go-to gal for those "event" dramas like *Paper Giants*, the INXS bio *Never Tear Us Apart* and *Howzat! Next?* She's tackling *The Secret River* for the ABC.


Partner in online
DANIELLE FLETCHER
Co-founder, propellher.com

PropellHer is an online mentor-matching forum for working women who are looking for guidance and confidence to unlock their ultimate potential.

Pedigree Fletcher and colleague Naomi Kimberlin operated a personal brand consultancy firm, before being advised to take their services online.

Bragging rights She scored a CBA Women in Focus Pivoters Award along with Kimberlin. □

Publishing maverick
LISA MESSENGER
Publisher and editor-in-chief, renegade Collective

"I'm not interested in being small," asserts Messenger, whose passion and energy make for one fearless female.

Pedigree A publisher of more than 400 books, she launched *renegade Collective* magazine in a declining print market in 2013. By 2014, the bi-monthly tome had gone monthly and is now available in 13 countries.

Power pals Richard Branson gives the mag to his Necker Island guests.

Winning formula Read all about it in her new book, *Daring And Disruptive*.



suit UP

From fresh pastels
to rich, deep hues,
office separates get
a sleek, feminine
makeover that's
far from basic
black and white

PHOTOGRAPHED BY MICHAEL NAUMOFF
STYLED BY CHLOE FINLEY



Blazer, \$89.95, and trousers, \$69.95, both by H&M; top, \$370, by Rebecca Vallance; bracelet (worn throughout) and ring (worn throughout) both by Tiffany & Co; bag by Miu Miu. Opposite page: dusty pink blazer, \$695, and trousers, \$395, both by Bianca Spender; mint top, \$369, by Ginger & Smart; nude shoes by Christian Louboutin; steel watch by Chanel; navy bag by Emporio Armani.






Khaki jacket, \$459, by Gregory; nude trousers, \$590, by Sportmax; mint top, \$429, by BOSS Woman; gold necklace by Tiffany & Co.
Opposite page: coat, \$1330, by Raey at Matchesfashion.com; top, \$770, by Sportmax; skirt, \$99.95, by Country Road; shoes by Paul Smith.







Jumper, \$910, shirt, \$1025, skirt, \$875, and boots all by Gucci; bangle and ring both by Balenciaga at Parlour X. Opposite page: dress, \$225, by Cue; scarf by Ben Sherman; watch by Gucci; bag by Hugo Boss. See Directory for stockist details. Make-up by Nadine Monley/UNION. Hair by Diane Gorgievski/The Artist Group. Model: Amalie/IMG. Special thanks to Thonet for chairs.

what are you WAITING FOR?

Life coach Shelley Brunskill-Matson believes most of us are stuck in the *Waiting Epidemic* – making excuses for why we can't live a “kick-arse life”. Here are her tips for making that change. *Right now*

How many times have you heard someone say, “One day I would love to ...” or, “If I ever win Lotto I’m going to ...”? Most people have some idea of what they would like to have, or do, “one day”: start a business, change career, move house, relocate to another city or country, travel, retrain, start a family, write a book ... the possibilities are endless. Yet people wait.

Some people wait until they have finished having a family, or until their children are older or have left home. Others wait until they have “more” – more money, more time or more energy. They wait, oblivious to the fact the time will never be “just right”. Similarly, those who don’t know what they want in life also wait. Many of these people spend their life waiting to know what it is they want. This Waiting Epidemic needs to stop.

For a period of time, I told myself that I couldn’t possibly give up my well-paid job because I was a solo mother with a son to support. I told myself that “one day” I would do something I truly felt passionate about, but for now I needed to be “sensible” and stay where I was.

I finally I woke up to the fact it was my fear talking. I needed to take responsibility for my life and live proactively: work out what I wanted to do and then make real decisions about how to bring about that change. In practice, being “sensible” meant choosing to build my business to a certain level before resigning from full-time employment. It didn’t mean I couldn’t pursue work I loved; it simply influenced how I went about it.

If you want something in life, there is a way to make it happen. Trouble is, often people put their energy into focusing on potential obstacles or creating excuses,

rather than finding solutions and just getting on with it. To live your life fully, and in the present – or to have a kick-arse life – is achievable. In fact it is the antidote to the Waiting Epidemic.

As humans, we naturally seek a sense of purpose and/or accomplishment in areas important and meaningful to us. We like to contribute. To feel a part of something bigger than ourselves. To make a difference. To feel as though our lives have meaning. It makes us feel good. It gives sense to our being here.

There are four key aspects to living a kick-arse life:



1

Be clear about what you want in life

Knowing what you want – what you really, really want (to borrow from the Spice Girls) – in life is a fundamental requisite to living fully. Deciding what you want paves the way for living your best life. It puts you in control of your future. And guess what? The only way you know what you really want is to make a decision about what you want. This may change as you get more information or try new things – but the trick is to make a choice.

2

Make it big

When it comes to truly living your life, size does matter! Achieving a great goal requires persistence, inner strength and unfailing motivation. It is difficult to maintain such a level of desire if what you want is relatively small or ordinary. You need your desire to be strong – all-consuming, possibly – so that your eagerness for your goal will keep you on track, even when you get weary.

“How big is big?” you ask. Big enough that the thought of it makes you feel excited – and scared. A “big” goal is one that will stretch you, requiring you to step outside your comfort zone into unfamiliar territory. It will make you uncomfortable. It is supposed to!

Of course, what is a big goal for one person may not seem so big for another. It will depend on your starting point.

For example, setting a goal of running five kilometres, three times per week, may feel like a big goal for a non-runner. For a more experienced runner, though, setting a goal of running a marathon might be the equivalent big goal.

At any one time, set yourself at least one huge, gigantic, fantastic goal that stretches you. Choose one that, once accomplished, will have the greatest impact on your life. This will ensure you are never standing still, always challenging yourself, always feeling inspired and excited, always putting yourself out there beyond your comfort zone and moving forward.

3

Make it matter

Statistics suggest that up to 80 per cent of people are doing work they don't enjoy. Put another way, four out of every five people spend a third of their lives doing something that makes them unhappy.

People tend to look for work that is a good fit for their skills. Preferably, it pays well and, if they are lucky, is something they will enjoy.

Does the work you are currently doing truly matter to you? Does the way you choose to spend your time reflect what matters most to you? There was a point in my life when my responses to both of those questions would have been “no”. I “kind of” enjoyed my work, but knew it wasn't me. I wanted to make a positive, meaningful difference in people's lives. I wanted to make

my dent on the world. I kept hearing how “important” my work was. And yes, within the context of the government department I worked for, the reports I wrote and advice I gave did matter. But not in a deeply personal way. That's the bit that was missing. That's the bit that is missing for far too many people.

I am now doing work that matters to me. The difference in how I feel when I get out of bed each day is extraordinary.

4

Make it happen

If everyone chose to live a kick-arse life, the worldwide phenomenon of waiting would cease. The Waiting Epidemic would be over.

Of the four aspects of living a kick-arse life – be clear about what you want; make it big; make it matter; and make it happen – making it happen is, unquestionably, the point at which your life changes.

Making it happen requires action. And now. Making it happen means you stop waiting, stop making excuses and stop letting fear stop you.

If you haven't already done so, I challenge you to make the decision right now: decide to stop waiting and start living your life, effective immediately. It is time to live a kick-arse life. So what are you waiting for? □

“Making it happen means you stop waiting, stop making excuses and stop letting fear stop you”

HAROLD DAVID



This is an edited extract from *What Are You Waiting For?* (exislepublishing.com.au, \$24.99) by Shelley Brunskill-Matson.

Step INTO Summer

Schick
HYDRO
Silk



Schick Hydro Silk® hydrates
longer* than any other razor.
FREE YOUR SKIN™

*Moisturizes for up to 2 hours after shaving.



AS SEEN ON

Fashion
Bloggers
Style | PORTAL



Dress, \$695, by Lover; coat, \$219, by Zara; shoes, \$539, by BOSS Woman; bag, \$560, by Max Mara.



Above: knit, \$610, by Missoni at Christensen Copenhagen; blouse, \$149, by Country Road; trousers, \$89.95, by Zara; cuff, \$49.95, by Country Road; bag, \$595, by Coach.



Top, \$440, by camilla and marc; skirt, \$269, by Viktoria + Woods; bag, approx \$1272, by Jérôme Dreyfuss.



Colette by Colette Hayman, \$44.95

GET THE LOOK

dress code

Be inspired by these *real-life professionals* whose *workwear wardrobes* marry style with practicality

Priya Rao, doctor at The Alfred hospital in Melbourne

Your workwear style?

"For me, it's all about looking professional and being practical, without losing a stylish flair. I am on my feet all day, do CPR at a moment's notice and can't be afraid to get dirty. My workwear needs to reflect this."

Your favourite go-to outfit?

"It's fitted pants, a colourful top, a pair of flats or wedges, with a statement hair band. I love lace and try to incorporate that into my workwear."

Your injection of personality?

"It can be really difficult to individualise your style as a doctor. Small additions like some colourful flats, a glam bag or a cute hairstyle are my ways to add a bit of my personality to my look."

Your most recent can't-live-without purchase?

"My Chanel black pumps from Paris! They are more comfortable than you would think and can be worn with anything."

Your power accessory that always makes you feel great?

"I love an oversized coat or a classic handbag. My favourite bags at the moment are my Kate Spade Harmony tote and my Prada Saffiano leather tote. I think a classic bag, in black, adds elegance to any outfit."

Your signature style piece?

"My Hermès orange bangle (a gift) or a headband with a cute floral side piece."

Your must-have beauty item?

"Yves Saint Laurent Touche Éclat is my favourite make-up product in the world. It is the best concealer, particularly for under-eye circles on a tired face!" ▶



Zara, \$79.95

Veronika Maine, \$179

Veronika Maine, \$215

Witchery, \$169.95

Cue, \$319

Topshop, \$100

Rebecca Vallance, \$690



GET THE LOOK



H&M,
\$59.95

Zara,
\$199

Tod's,
\$645

Saba,
\$230

Seed,
\$39.95

Zara,
\$139

Above left: trench, \$985, by By Malene Birger at Christensen Copenhagen; T-shirt, \$90, by Bassike; jeans, approx \$337, by Helmut Lang at Mytheresa.com; scarf, \$99.95, by Mimco; bag, \$219, and shoes, \$119, both by Zara. Above: dress, \$249, by Cue; bag, \$289, by Michael Kors.

Top, \$149, by Country Road; trousers, \$670, by Raey at Matchesfashion.com; bag, \$6500, by Louis Vuitton; shoes, \$645, by Tod's.

Elizabeth Master, director, The Cook's Grocer ready-to-cook meals providore Your workwear style?

"My typical day can start at the fresh produce markets at 6am, then I'm working all day with our food production team and chatting with customers in our Rozelle store [in Sydney]. I'm on my feet 12 hours a day, so stylish comfort and versatility are essential."

Your most recent can't-live-without purchase?

"A Michael Kors camel tote. It goes with everything, and fits everything! Owning an online business (thecooksgrocer.com.au) and retail store means you need your office with you on the go."

Your favourite go-to outfit?

"My everyday pieces are skinny jeans, a cotton T-shirt, ankle boots or loafers."

After-hours function tip?

"I always try to squeeze in a blow-dry on my way out. I also apply a little bronzer for a healthy glow, as well as lip gloss."

Your signature style pieces?

"Diamond-stud earrings, wedding rings and bangle. All bespoke gifts."

Your power accessory that always makes you feel great?

"Giuseppe Zanotti heels for a little bit of extra height and confidence."

Your injection of personality?

"I look for pieces that have an interesting detail or finish for casual glam – like waxed jeans, leather-panelled tights, sheer sleeves, embroidery and silk pieces."

Your must-have beauty items?

"A good mascara and Chanel Mat Lumière foundation."



Left: top, \$425, by Ellery; skirt, \$910, by Maticovski; bag, \$495, by Karen Millen; watch, \$379, bracelet, \$129, and ring, \$79, all by Michael Kors. Below: top, \$760, and jeans, \$1260, both by By Malene Birger at Christensen Copenhagen; bracelet, \$209, by Amber Sceats; bag, \$2155, by Jimmy Choo.



Brioney Prier, general manager, international luxury fashion group Valiram

Your workwear style?

"My day varies – I could be in a corporate meeting or on a building site for a new store – so I rely on layers, or separates, that I can mix and match. An oversized white shirt, leather pants and Kate Spade flats are perfect for on-site. By swapping the pants for a pencil skirt and a pair of Jimmy Choos, I'm ready for meetings."

Your most recent can't-live-without purchase?

"A stunning vintage gold choker with multi-coloured jewels I found in New York. I would sleep in it, if I could!"

Your after-hours function tip?

"Because I regularly head to events straight from work, I keep a small kit of everything I need to get ready at the office. A smoky eye instantly adds some evening glamour, combined with a lunchtime blow-dry and a Michael Kors cocktail dress. I also switch my daytime Chloé fragrance to a heavier Victoria's Secret scent for evening."

Your signature style piece?

"Statement cocktail rings. I have an ever-growing selection from Alexander McQueen, Michael Kors and Saint Laurent that I wear in rotation – or all at once!"

Your power accessory that always makes you feel great?

"A killer pair of Jimmy Choos. There is nothing that screams confidence and sophistication more than an amazing pair of heels. There are at least five pairs under my desk at any given time."

Your injection of personality?

"I love mixing prints, textures and fabrics in unexpected ways. Sequins during the day – why not?"

Your must-have beauty item?

"Clarins eye cream. My constant travel schedule across multiple time zones often means I need a quick fix to de-puff the eyes and create the illusion that I've had 12 hours sleep – and not just stepped off a plane." □

GET THE LOOK



H&M,
\$59.95



Megan
Park, \$419



Veronika
Maine,
\$179



Karen Millen,
\$1125



Jimmy
Choo, \$955



Country
Road,
\$179

Zara,
\$59.95



Above: top, \$39.95, by H&M; skirt, \$8849, and bracelet, \$149, both by Michael Kors; sunglasses, \$490, by Miu Miu; bag, approx \$1859, by Anya Hindmarch; shoes, \$815, by Jimmy Choo.

CLIMB THAT LADDER



SEEK LEARNING HR CONSULTANT
EMILY SHARES HER TOP SIX REASONS
WHY THE RIGHT EDUCATION IS KEY
TO YOUR CAREER PROGRESSION

KNOWLEDGE IS EMPOWERING

Do you ever catch yourself thinking, “My job’s OK but there’s got to be something more out there”? If so, it can be easy to miss the fundamental role that learning can play in taking your career to where you want it to be. SEEK Learning believes that knowledge is empowering. The right education can do a lot! It can help you progress your career, earn a larger salary, change industries, and improve your confidence and job satisfaction.

LEARN MORE, EARN MORE

The more skills you have, the more valuable an employee you become. The Australian Bureau of Statistics estimates that Australian university graduates earn, on average, 75 per cent more than school leavers (which means they earn around \$1 million more over their lifetime than those who don’t go to uni). Whether you’re looking to move into a higher-paying position or you want to upskill in your current role for a raise, learning can help justify your expectations to the boss and secure the salary you’re worth.

FOLLOW YOUR PASSION

If you find yourself daydreaming about a career that makes a difference or leaves you more fulfilled, it’s not too late. Completing a course in your desired industry can give you the confidence to move forward, and the skills you need to make it happen.

GET TO WHERE YOU WANT TO BE

If you want to progress in your current industry, upskilling with education can significantly improve your chances. Not only will you gain the knowledge and skills required to take on a greater challenge, taking on further study shows your determination to succeed.

BOOST YOUR CONFIDENCE

Whether you want to change careers, move up the ladder or simply do a better job of what you’re doing now, investing in education can really boost your confidence. Full-time employees spend over 30 per cent of their waking hours working, so it’s important to feel capable and empowered while you’re there. Education can help do this.

LEARNING HAS CHANGED

Online study in particular is now more flexible than ever, so it’s easier to fit in around your commitments. Choose from a range of courses in different industries, with flexible study options to fit around your workload and lifestyle, including online, in-class and short courses. There are multiple finance options to help you make your study goals manageable, and SEEK Learning consultants are available with expert advice to help you find the right course for your career goals.

*Australian
university
graduates earn*

75%

*more than school
leavers, meaning
they earn around*

\$1m

*more over their
lifetime.*



FIND YOUR CAREER MATCH WITH SEEK LEARNING

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PHILIP LE MASURIER, SPLASH



FIND YOUR MATCH

SEEK Learning's expert consultants can help connect you with the course you need for the job you want.

Carlota, SEEK Learning consultant



Vanessa Wild

BACK TO WORK MUM

VANESSA RAN A FAST-PACED BUSINESS WITH HER HUSBAND. FAST-FORWARD 12 YEARS, TWO CHILDREN AND TIME OVERSEAS, AND A LOT'S CHANGED SINCE THEN ...

YOU'VE FOUND A GREAT NEW CAREER! HOW DID IT ALL BEGIN?

Having been out of the workforce so long looking after my children, when I moved back to Australia I realised I wasn't in a good place when it came to my career. Technology and the world around me had changed so much, I'd lost my confidence.

WHAT INSPIRED YOU TO MAKE A CHANGE TO YOUR SITUATION?

Working in an English learning centre when I was overseas triggered something in me, and from that point on I knew I wanted to work with and teach children. But that meant I needed to go back to school, which was overwhelming. I didn't know where to start or what the best option was.

SO, HOW DID YOU EVENTUALLY MAKE YOUR DECISION?

SEEK Learning pointed me in the direction of an online, distance-learning TAFE course. Not only did it work for my budget and the number of hours I could commit to study each week, it meant I was in the right course to get back into the workforce and in my dream industry.

HOW DID YOU FIND STUDYING?

While there were moments where I had my doubts around going back to study. What kept me going was visualising exactly where I was heading. I also found that when I broke study down into bite-sized chunks and just did one thing at a time, it became much more doable,

particularly as I got my confidence back. I really did feel good about myself, which was strange because I'd put myself last for so long.

WHAT ARE YOU UP TO NOW?

I've been working in childcare and education for around two years now, and am lucky to be working for a wonderful local preschool.

DO YOU HAVE ANY EXCITING PLANS FOR THE FUTURE?

I'm definitely going to keep learning to continue to progress my career. I've grown so much as a result of the course. I just never knew I would enjoy it this much!

COLLARLESS JACKET

Short, long, box-cut or fitted, the angular cut instantly adds polish



COS,
\$89



Farage,
\$549



Gabrielle Brown
for Target, \$89



Zed Alliance,
\$225.95



STYLE TIP

Streamline your look by teaming a collarless jacket with similarly fuss-free tops, T-shirts and dresses.



CHRISTOPHER KANE

PUBLIC SCHOOL

MID-LENGTH SKIRT

Edgy or elegant, dressed up or down, this versatile piece is timeless



ALBERTO ZAMBELLI

JAMIE WEI HUANG



Bú!,
\$240



COS,
\$150



Veronika Maine,
\$189



Maurie & Eve,
\$169



SHORT-SLEEVED SHIRT

The “dad staple” gets a makeover in prints and crisp whites



Target,
\$20

STYLE TIP
Tuck it in at the waist or wear it out – this shape will keep you looking sharp.



Sportscraft,
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Josh Goot,
\$395



Country Road,
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GILES

CHRISTOPHER RAEBURN

SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY PHILIP LE MASURIER; SPLASH; SNAPPER MEDIA; GETTY IMAGES. COMPILED BY CATLYN MASON



FIND YOUR MATCH

SEEK Learning's expert consultants can help connect you with the course you need for the job you want.

Emily, SEEK Learning consultant



Courtney Ray

CAREER CHANGER

HERE WE CHAT TO COURTNEY RAY, OWNER AND FOUNDER OF FLOWER SUBSCRIPTION SERVICE DAILYBLOOMS.COM.AU, WHO DID A CAREER SWAP FROM FINANCE TO FLORISTRY

YOU'VE HAD QUITE A BIG CAREER CHANGE! HOW DID IT ALL START?

Well, I started in finance. I was an accountant working at one of the Big Four [firms]. It was a great corporate environment that I really enjoyed for a while. But I came to realise I wasn't absolutely passionate about it. I just wasn't engaged and started looking for something on the side.

SO, EXPLAIN HOW YOU DECIDED WHAT TO DO ...

Having always had a passion for flowers, I began studying floristry at night, and eventually decided to pursue it as a career. I got married in October 2013, resigned in November, and opened my business, Daily Blooms, in early 2014!

WHAT AN INCREDIBLE START! HOW MANY STAFF DO YOU HAVE NOW?

When Daily Blooms began it was just me in the tiniest shed imaginable. And then we just started getting bigger and bigger. Now I employ four fantastic women.

WHAT ARE THE PROS AND CONS OF HAVING YOUR OWN BUSINESS?

I love running my own business. I get to wake up every day and think about flowers! I've made a career out of my passion. I think about my business 24/7 and love it. Days can fly past, where I'm working from 7am to 11pm, and it doesn't feel like work. The downside of course is that you can't ever really turn off. You also need to be a jack of all trades. When I started

I had to do the flowers, cover logistics, deal with customers, plus handle the IT and marketing needs. It's all part of it.

WHAT ADVICE WOULD YOU GIVE TO OTHER WOMEN LOOKING TO CHANGE CAREERS?

If you love it, do it! If you're passionate and you work hard, the money will follow. Also, if you're thinking about a career change, consider studying to help you fill any gaps in knowledge. For me, studying floristry gave me confidence, which is a big thing. I think when it comes to starting a business, being able to be confident and back yourself is nine-tenths of it - and education allowed me to do that.

Dreaming of your own career change? Find out how at seeklearning.com.au or freecall 1800 891 011



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Christian
Dior at
Safilo, \$500



Vogue
Eyewear,
\$229



Persol at
OPSM,
\$329



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Coach,
\$350



MySuelly at
Theoutnet.com,
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Ecco,
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Karen
Millen,
\$375



Adorne,
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Thomas
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\$7995



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Michael Kors,
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Adorne,
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Condura,
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Connection,
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Fossil,
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The Mode
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Zara,
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Boden,
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Sophie
Cox, \$860



Rubi,
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tablet cases



Comme des
Garçons x
Côte&Ciel
at Parfleur X,
\$65



Woouf!,
approx
\$45



Victoria's
Secret, \$59



Belkin,
\$109.95



Kate Spade
at Papier
D'Amour, \$120



kikki.K,
\$24.95



TAKE THE NEXT STEP

SEEK Learning's expert consultants can help connect you with the course you need for the job you want.



Andie Denham

CAREER BUILDER

HEAD OF DIGITAL MARKETING AT SEEK LEARNING, ANDIE DENHAM WORKED HARD TO BUILD HER CAREER AND LAND A JOB SHE LOVES. HERE'S HER STORY ...

TELL US ABOUT YOUR CAREER PATH. HOW DID YOU GET TO WHERE YOU ARE TODAY?

My first job after university was at Google Dublin in digital marketing. Then I moved to Australia a year or so later for love, and started working in a digital marketing agency as a digital media planner. My next career step was working in an agency as search manager, before being promoted and managing search for the Victorian government and a range of large, international clients. Eventually I moved client-side to SEEK Learning, where I'm now the digital marketing manager. Overall, my career really has been a case of steadily chipping away to get where I am now.

WHAT INSPIRED YOU TO PURSUE A CAREER IN MARKETING?

I actually didn't study marketing at uni. It's something I definitely fell into! The plan had always been to follow in Dad's footsteps and join the diplomatic corps, but I got a call from a Google recruiter while I was waiting for the exams and decided, why not?! From there, though, I came to realise digital is my passion. I can't really see myself doing anything else!

HOW DOES LEARNING HELP YOU STAY ACROSS NEW TECHNOLOGY?

Learning is such an important part of my role because the digital marketing industry is constantly evolving. For me it's about combining formal learning where possible with

informal learning opportunities. For example, through industry news sites and webcasts as well as conferences both here and overseas.

WHAT'S BEEN THE MOST IMPORTANT LESSON IN YOUR CAREER SO FAR?

Don't be afraid to speak your mind, but do make sure you know your audience and understand how to present your point of view to them.

WHAT ADVICE WOULD YOU GIVE TO ASPIRING PROFESSIONALS LOOKING TO CLIMB THE LADDER?

Nothing beats being awesome at your job and delivering results. That said, make time to build solid relationships with your colleagues - it will stand you in good stead in the end.

Want to take things to the next level in your career? Find out how at seeklearning.com.au or freecall 1800 891 011



#MAKEITYOURWAY



BLACKENED FISH FAJITAS WITH CORIANDER SALSA VERDE

**SIMPLE STEPS.
IDEAL FOR ENTERTAINING.**

MAKES: 6 FAJITAS

2 tablespoons olive oil
Old El Paso™ Fajita Spice Mix
600g boneless firm white fish fillets,
sliced into long strips
2 limes, halved

Coriander Salsa Verde:

1 small white onion, diced
1 fresh jalapeno chili, seeded
Juice of 1 lime, extra
2 large handfuls coriander, washed
2 tablespoons olive oil, extra

To Serve:

Old El Paso™ Tortillas 6pk

½ cup light sour cream
¼ teaspoon smoked paprika
¼ teaspoon cayenne pepper
¼ green cabbage, finely shaved
1 red onion, sliced
1 cucumber, cut into matchsticks

1. Combine oil and Fajita Spice Mix, add fish and toss to coat. Preheat barbecue and cook fish for 3 minutes each side or until charred & cooked through. Remove, cover and set aside. Brown limes on barbecue, cut side down.
2. **Coriander Salsa Verde:** Blend onion, jalapeno chili, lime juice (extra) coriander (leaves and stems) and olive oil in a small food processor or with a stick blender.
3. For authentically charred tortillas – open tortilla pouch, discard Freshness Sachet. Remove tortillas from pouch and char on barbecue for 5 – 10 seconds on one side only. Wrap in tea towel until ready to serve.

4. In a small bowl, combine sour cream, smoked paprika and cayenne pepper.
5. Serve fish, charred limes and tortillas, salad, Salsa Verde and seasoned sour cream to the table on a board or platter.



Discover more delicious recipes like this from Old El Paso™ on



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lifestyle

marie claire



lifestyle

chilli and
coriander
prawn
“lollipops”

tangy
salmon
ceviche
salad

FOUR OF THE BEST

mexican street foods

Forget greasy cheese, these *share plates* are light and fresh and *perfect for summer* entertaining

PHOTOGRAPHED BY LOUISE LISTER RECIPES & FOOD STYLED BY KATY HOLDER

slow-cooked
pork burritos
with corn
salsa

broad bean
and fetta
quesadillas



chilli and coriander prawn “lollipops”

MAKES 12

12 wooden skewers
2 chipotle chillies in adobo sauce, finely chopped (see note)
1 tbsp lime juice
2 tbsps finely chopped coriander leaves
3 cloves garlic, peeled and crushed
2 tbsps olive oil, plus extra for grilling
24 raw king prawns, peeled, tails removed, deveined
lime wedges to serve

1. Soak skewers in warm water for at least 20 minutes to prevent them burning while cooking. **2.** To prepare the prawns, combine chipotle chilli, lime juice, coriander, garlic and oil in a bowl. Add prawns, toss to coat then leave to marinate for 30 minutes. **3.** Next, take a prawn and hold it so it forms a backwards C, tail down. Thread it onto a skewer through the tail only, so it curves to the left. Take a second prawn, hold it in a C shape, head down, and thread onto the skewer through the head. Slide prawns up and down to stick the head of the first prawn onto the skewer then repeat with the tail of the second, so they form a spiral and look like a curly lollipop. Repeat with remaining skewers and prawns. **4.** Preheat a barbecue or grill pan to a medium-high heat. Cook prawns on each side for 2–3 minutes or until prawns are just cooked through. Do not overcook or they will become dry and tough. Serve hot or cold with lime wedges.

NOTE:

Chipotle chilli in adobo sauce is available in cans from delis and specialist food stores.



tangy salmon ceviche salad

SERVES 4

400g sashimi grade fresh salmon fillet (see tip)
juice of 2 lemons
1 small red chilli, deseeded and finely chopped
2 tpsps chopped fresh oregano
1 red eschallot (or ¼ small red onion), halved and thinly sliced
2 Lebanese cucumbers
1 avocado, cubed
large handful mint leaves, finely shredded
baby leaf salad to serve
extra virgin olive oil to drizzle

1. Cut salmon into 1cm cubes. **2.** Combine lemon juice, chilli, oregano and eschallot, and season well with sea salt and ground black pepper. **3.** Place salmon into a shallow non-metallic dish and pour lemon dressing over, then toss to combine. Refrigerate for 1–2 hours, tossing occasionally. **4.** Slice cucumbers in half and scoop out seeds using a teaspoon. Slice cucumber and combine with avocado and mint in a large bowl. Season well with sea salt and ground black pepper. **5.** Add salmon and dressing, and toss gently. Serve on a bed of baby leaf salad and drizzle with a little extra virgin olive oil.

TIP: Because the salmon isn't cooked, it must be very fresh and of very good quality. The acid in the lemon juice denatures the proteins in the fish in much the same way as heat does, so the texture is similar to lightly cooked fish.



broad bean and fetta quesadillas

MAKES 16 WEDGES

400g frozen broad beans
200g fetta, crumbled
1 tbsp olive oil
handful fresh mint leaves, roughly torn
8 large corn or flour tortillas
LIME GUACAMOLE
2 ripe avocados, diced
2 tbsps finely chopped coriander leaves
2 tbsps lime juice
1 green chilli, finely chopped

1. Cook broad beans in boiling water for 3 minutes, then drain and refresh under cold water. Slip off skins and combine gently with fetta, olive oil and mint, then season with sea salt and ground black pepper. **2.** Combine guacamole ingredients in a large bowl and season with sea salt and ground black pepper. **3.** Spread a tablespoon or two of the guacamole on one half of a tortilla then top with some of the bean and fetta mixture. Fold tortilla in half and press down gently. **4.** Repeat with remaining tortillas, guacamole and filling. **5.** Heat a large dry frypan over a medium-high heat and add one or two folded quesadillas. Cook for 1–1½ minutes, or until the underside is starting to brown, then carefully turn over and cook the other side for about 1 minute. **6.** Remove from frypan and cook remaining quesadillas. **7.** Cut into wedges and serve.

NOTE:

This recipe is equally delicious enjoyed hot or cold, and is a great lunchbox option.



slow-cooked pork burritos with corn salsa

MAKES 10 SMALL BURRITOS

1kg skinless, boneless pork neck or shoulder
juice of 2 oranges
2 tsps dried oregano
3 cloves garlic, peeled and crushed
1½ tsps ground cumin
1 tsp ground allspice
2 red capsicums, seeded, cut into 1cm wide strips
1 bunch spring onions, trimmed, cut into 5cm lengths
1 tbsp olive oil
10 small corn or flour tortillas
250g sour cream
FRESH CORN SALSA
3 corncobs
2 tbsps lime juice
2 tsps sea salt
2 small green chillies, deseeded, finely chopped
3 tbsps chopped coriander

1. Preheat oven to 170°C. Place pork in a roasting dish. Combine orange juice, oregano, garlic, cumin and allspice, then pour over pork. Cover with foil and place in oven. **2.** Roughly every 30 minutes, spoon pan juices over pork. Once pan juices start evaporating, add 125ml of water to the pan each time; it's important to keep some liquid in the pan. Roast for 3–4 hours or until meat shreds easily using a fork. **3.** To make salsa, cook corn in boiling water for 4 minutes. Drain, then cook on a hot chargrill for 10–15 minutes, turning regularly, until kernels start to blacken. Cool for 5 minutes, then slice off kernels. Combine with lime juice, sea salt, chilli and coriander. **4.** Next, heat a frypan over a medium-high heat. Toss capsicum and spring onion with oil in a bowl, then cook for 5 minutes or until slightly blackened all over. **5.** Heat tortillas according to packet instructions. Just before serving, shred pork in the pan, incorporating any pan juices into meat. **6.** To serve, spread tortillas with sour cream, then top with pork, vegies and salsa. □



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ADRIANO ZUMBO,
AUSTRALIAN PATISSIER
AND CHEF

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THE NEW RANGE OF ARNOTT'S
TIM TAM BROUGHT TO YOU BY

Adriano Zumbo

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DISCOVER THE NEW RANGE IN-STORE NOW

RED VELVET

CHOC RASPBERRY

A DELICIOUSLY DECADENT COLLABORATION

Master patissier Adriano Zumbo has worked his magic on Australia's favourite biscuit, Tim Tam, creating a new range of four tantalising flavour combinations that take indulgence to the next level. Choose from Coconut Cream, Salted Caramel, Red Velvet and Choc Raspberry. Or, treat yourself and try them all.

ARNOTT'S
TimTam
BY **adrianozumbo**



THE FASHIONABLE *traveller*

You buy their clothes, why not *sleep between their stylishly designed sheets*? It seems *haute hotels* are the hottest form of brand extension for some of the *world's most iconic fashion designers*. By Lydia Bell

The opulent Roof Level ballroom at the St Regis New York, where guests can relax in a suite designed by Dior or Tiffany & Co.

Fashion's move into hotels has been decisive this decade. Everyone from the Ferrettis to the Ferragamos is indulging in this form of brand extension. Giorgio Armani has hotels in Milan and Dubai. Bulgari has bolt-holes in Milan and Bali and has set its sights on Shanghai, Beijing and Dubai. Palazzo Versace is the glitziest hotel on the Gold Coast and its sister in Dubai is under construction.

Maison Moschino, a fashionista favourite, is housed in a former Milan train station. Christian Lacroix has scattered stardust over three Parisian hotels; Louis Vuitton has Cheval Blanc in Courchevel; Karl Lagerfeld designed a suite at Berlin's Schlosshotel Im Grunewald; Ralph Lauren has styled rooms at Jamaica's Round Hill Hotel And Villas; and Silvia Tcherassi has worked her magic on a colonial mansion in Colombia's Cartagena.

So, if budget is a word banned from your vocabulary, here is our pick of the world's most stunning haute hotels.



THE DIOR SUITE AT THE ST REGIS NEW YORK

Who: Christian Dior

Where: Midtown Manhattan with views of Central Park.

Why: The St Regis group isn't embracing designer suites per se, but working with a range of luxury brands (there's also a rather demure Bottega Veneta Suite at the St Regis Rome and a Tiffany Suite, also in New York).

Style guide: This elegant, uber-luxe 158sqm suite consistently references the Paris HQ in making use of the classic Dior shades of oyster greys, off-whites and variations on pink. It's decorated with stunning watercolour paintings of vintage Dior designs by fashion illustrator Bil Donovan. [Visit stregisnewyork.com](http://stregisnewyork.com).



FASHION FIX

For a cool \$11,000 per night, a stay in the Dior Suite includes bed and breakfast, champagne, 24-hour butler service and *an exclusive shopping event in the Dior 57th Street boutique*, where a staff member will curate a personalised collection, including specialty products. *Later, you'll enjoy an in-suite beauty treatment by a top make-up artist.*

CHRISTIAN DIOR S/S 2015



Clockwise from top: the grand Beaux-Arts style of the St Regis New York is reflected in the Dior Suite, which features exquisite signature touches from the venerable fashion house.



MAISON MARTIN MARGIELA S/S 2015

The light and airy Gilded Lounge Suite and the delightfully quirky Curiosity Case Suite (below) at La Maison Champs Élysées.

LA MAISON CHAMPS ÉLYSÉES, PARIS

Who: *Maison Martin Margiela*

Where: A Haussmannian mansion right on the doorstep of the Grand and Petit Palais, within close reach of the Champs Élysées and high-fashion's main artery, Avenue Montaigne.

Why: The Belgian fashion house (headed by Martin Margiela) had dipped its toes in the interiors pool with a suite here (the Elle Décoration Suite at the Palais De Chaillot) and there (L'île Aux Oiseaux suite at Les Sources De Caudalie near Bordeaux), but this was its first major undertaking. MMM's playful minimalism has a Design Hotels tag.

Style guide: A 57-room black-and-white hued, flirty stage set of a retreat. MMM furnished 17 suites, the restaurant, bar and reception. The panelled Cigar Bar has burnished leather chairs and black-stained oak floors. The restaurant is a symphony in white. Landings and corridors are for feeling your way: black-carpeted floors and black-painted walls are illuminated by elegant light projections.

Visit lamaisonchampselysees.com.



DIANE VON FURSTENBERG S/S 2015

Diane von Furstenberg's bold but elegant Grand Piano Suite (also below) at Claridge's.

GRAND PIANO SUITE AT CLARIDGE'S, LONDON

Who: *Diane von Furstenberg*

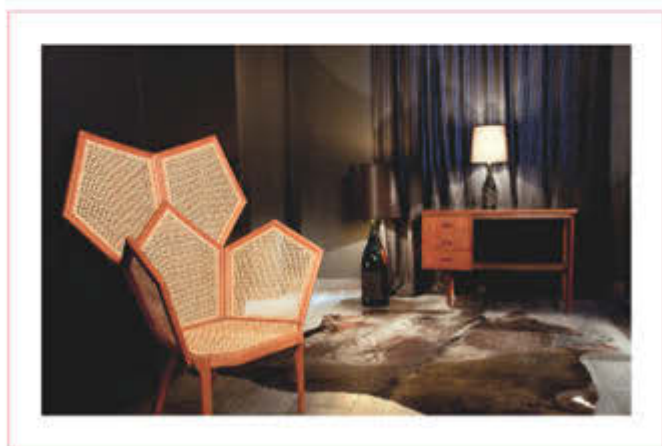
Where: Glamorous Mayfair, a stone's throw from the stores of Bond Street.

Why: DVF pointed out to Claridge's that their rooms were looking tired; they asked her to redesign 20 as part of an overhaul by London-based design studio Construct. She brought in interiors guru Olivier Gelbsmann to help out.

Style guide: From its zebra-striped rug to its window dressings and vibrant upholstery from the designer's home line, the boldly patterned Grand Piano Suite is pure fun. The rooms take their inspiration from DVF's travels: visual diaries in the form of her photographs of exotic places, custom-made campaign furniture and trunks recalling the glamour of the jazz era that chime with Claridge's Art Deco heritage. Murano glass mixes with artwork from Bali and handcrafted rugs. DVF has also designed a penthouse suite at Queensland's One&Only Hayman Island. Visit claridges.co.uk.

FASHION FIX

Claridge's has partnered with Burberry to offer *each suite guest a classic Burberry trench* to use during their visit (and to purchase, if so desired).



TORTUGA BAY, DOMINICAN REPUBLIC

Who: Oscar de la Renta

Where: The pristine beaches of Tortuga Bay on the Caribbean island of Hispaniola.

Why: Sometimes, fashion oldies go back to their roots – as did Oscar de la Renta when he designed Tortuga Bay in his home turf, the Dominican Republic.

Style guide: A series of 13 glamorously modern, sunny yellow oceanside villas attached to the (slightly less exclusive) Puntacana Resort & Club, Tortuga Bay is part of an elite residential community where you might bump into Julio Iglesias, the Clintons or dancer Mikhail Baryshnikov. The hotel prides itself on impeccable service, from picking you up on Tortuga's own tarmac to sorting out your itinerary. [Visit tortugabayhotel.com](http://Visittortugabayhotel.com).



PORTRAIT FIRENZE, FLORENCE

Who: The Ferragamo family

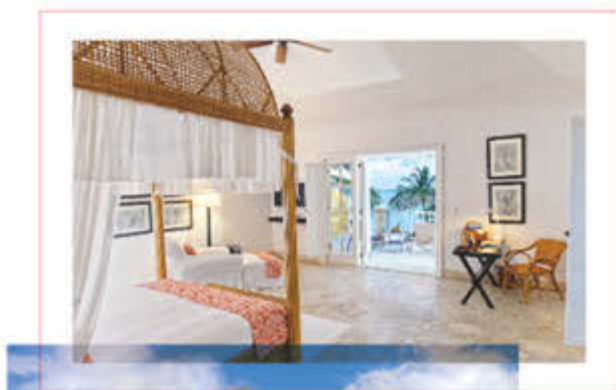
Where: Smack bang on the Arno River, with a view of the famous Ponte Vecchio bridge.

Why: This is an extension of the Ferragamo family's pre-existing hotel and restaurant empire, the Lungarno Collection, which includes Portrait Roma in Rome and the Gallery Art Hotel, Florence.

Style guide: An aristocratic 36-room retreat with sizes ranging from the 40sqm Studio to the 275sqm Penthouse Floor. Monochromatic grey decor and black-and-white fashion photography meet bespoke vintage furniture by Toscanova, and Carrara marble bathrooms stocked with Salvatore Ferragamo goodies. You might want to make use of their Lifestyle Team, who can offer a comprehensive concierge service and uniquely tailored tours. [Visit portraitfirenze.com](http://Visitportraitfirenze.com).



SALVATORE FERRAGAMO S/S 2015

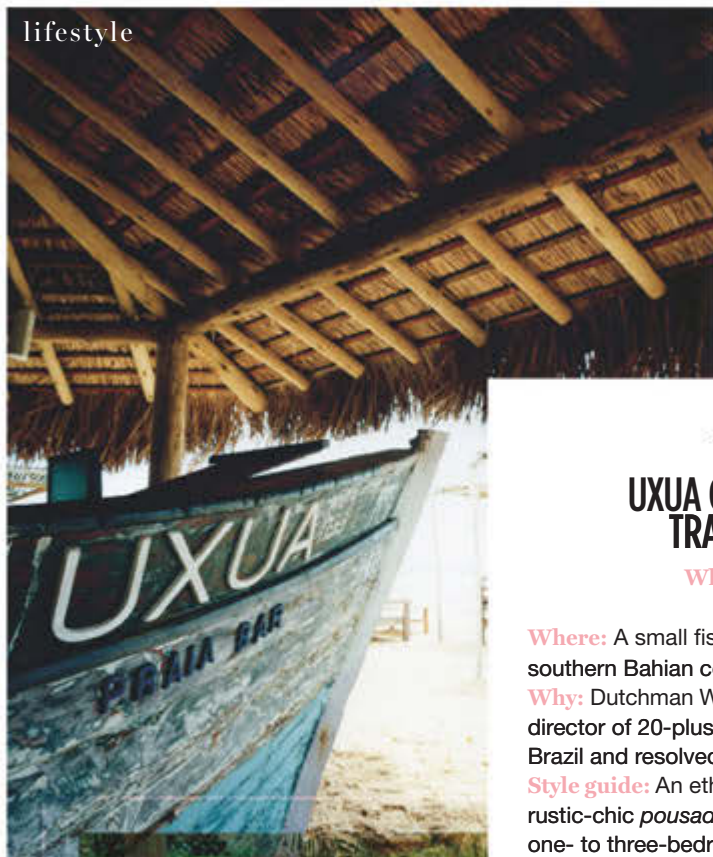


The elegantly simple plantation-style interiors in the beachfront villas designed by Oscar de la Renta were inspired by the designer's Dominican roots.

OSCAR DE LA RENTA S/S 2015



Sweeping views of the Arno River are just one highlight of this luxurious Ferragamo boutique hotel, located right in the heart of Florence.



UXUA CASA HOTEL & SPA, TRANCOSO, BRAZIL

Who: Wilbert Das

Where: A small fishing village on Brazil's beautiful southern Bahian coast.

Why: Dutchman Wilbert Das, Diesel's former creative director of 20-plus years, fell in love with this part of Brazil and resolved to build his idyll here.

Style guide: An ethically sound, creatively exciting rustic-chic *pousada* (small inn) made up of 10 one- to three-bedroom casas. It's been a huge hit with the fashion industry: almost as soon as it opened, Terry Richardson shot the 2010 Pirelli Calendar here. Das collaborated with local artisans, including the Pataxó Indians, creating one-off furniture and decor from recycled and organic materials. Bahian art and antiques complement the sprawling beach lounge, tranquil spa and lush gardens. Solvent hippies adore the pool made of 40,000 green aventurine quartz stones. It's all low-key and there's nothing so crass as signage, but the private airstrip and heliport tells another tale. **Visit uxua.com.**



DIESEL S/S 2015

Trancoso's year-round tropical climate allows for the laid-back splendour of Uxua Casa Hotel & Spa's clever indoor-outdoor space integration.

[ONES TO WATCH]



Bulgari is the busiest kid on the block, opening a hotel in Shanghai in 2016, Beijing in 2017 and on Dubai's Jumeirah Bay Island in 2018, where it will not stint on luxury and space (nor, likely, bling).

Tommy Hilfiger has bought the legendary Raleigh Hotel in Miami's South Beach (we pray he preserves its cool eccentricity).

Karl Lagerfeld has joined forces with a Macau casino operator to create a 270-room hotel (his first) entirely curated by the Chanel maestro.



couture in a click

WestHouse, New York's 1920s-inspired boutique hotel, has hooked up with Net-a-porter.com to provide guests with bespoke shopping services. Hotel guests can shop online in their room or get direct assistance from one of the retailer's personal shoppers. Guests also have 24/7 access to the e-tailer's customer care team. □

NET-A-PORTER
The world's premier online luxury fashion destination

HERE & NOW

THIS MONTH'S UP-TO-THE-MINUTE ESSENTIALS



RADIANT BEAUTY

The No. 1* skin tone collection in the US is now available in Australia! Reveal a bright, pearlescent complexion in two weeks with Olay Regenerist Luminous, the latest collection from Olay to give you your best-ever beautiful skin.

*P&G calculation based on Nielsen sales information, 52 weeks ending 29/03/14.

BREAST PROTECTION

The ever-popular Berlei Electrify Sports Bra is now available in new-season prints. Tested and endorsed by the Australian Institute of Sport to reduce breast bounce, they're available at Myer, David Jones and Rebel Sport. Visit berlei.com.au.



DECADENT DELIGHT

Tim Tam and Adriano Zumbo have teamed up again to launch a new range of four delicious limited-edition flavours, comprising Red Velvet, Salted Caramel, Coconut Cream and Choc Raspberry. The partnership celebrates Australia's most-loved chocolate biscuit coming together with Australia's most celebrated pastry chef.



SKIN SAVER

Prevent and correct the appearance of multiple skin imperfections with Philosophy No Reason to Hide Serum (far left), \$75, and Moisturiser, \$50. These two formulas work together to prevent and correct a number of skin complaints, including acne marks and dark spots. Visit davidjones.com.au.



SUPERFOODS, SUPER EASY

Nature's Own Superfood Blends Berry contains more than 40 superfoods, including blueberries, açai berries and pomegranate, all rich in anthocyanin antioxidants, \$24.95 for 150g.

CHIC EUROPEAN DRIVE

At just \$19,990 driveaway (manual), the ŠKODA Rapid is European quality without the European price tag. Featuring Volkswagen Group technology, a fuel-efficient engine and incredible safety and comfort, this car is filled with stylish features for smart buyers. Visit skoda.com.au.





SHADES OF GREY...

... and a little hint of pink! Sweet dreams are certainly made of bedding like Cultiver's 100 per cent linen collection, which has expanded to nine colours with the new addition of Smoke Grey and Blush. Available in single to king sizes, from \$245 for a queen duvet cover. Visit cultiver.com.



STEP IT UP A NOTCH

The only negative to these matt ceramic pendant lights from New Zealand designers Well-Groomed-Fox is that it's impossible to choose a favourite colour. They are available in five sizes and seven colours, from approx \$270 each. Visit well-groomed-fox.com.

MC LOVES

what's new

1

HIDE & SEEK

Here is some free advice – a little bit of leather makes everything look better! A long-time fashion favourite, leather is now the hottest thing in homewares – from handles to plant hangers. Here is our pick of the bunch:

1 Bang & Olufsen BeoPlay A2, from \$479 each. A portable Bluetooth speaker with 24 hours of battery life. Visit beoplay.com/a2.

2 Leather plant hanger, approx \$105. Made from vegetable tanned leather with brass hardware. Visit collected.co.nz.

3 Karen Morton porcelain salad bowl, \$98. Leather handles give this piece serious style. Visit greenhouseinteriors.com.au.

TREND ALERT!



3

GAME-CHANGERS

Atelier, the latest collection from Dinosaur Designs, is full of lovely little surprises including soaps, the creative duo's first napery range and – our favourite – this six-piece resin puzzle (below), \$595. Visit dinosaurdesigns.com.au.



They've wowed us with wallpaper for some time, and now Quercus & Co has introduced a new range of fabrics and cushions, including Tapestry in Prussian Blue (top) and Morph in Prussian Blue, \$125 each. Visit quercusandco.com.





Question 16:

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beauty

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Lonely Planet's latest book, *You Only Live Once* (\$39.99), is about planning adventures for each moment – whether you've got a spare hour, day, week, month, or year – and the most amazing destinations to do it in.



PYJAMA PARTY

If you've stayed at one of Australia's Art Series Hotels, you'll no doubt have wished you could leave with an artwork or two. Now you (almost) can. The group's new online store, Artefacts, is stocking art-themed products. We're loving these The Olsen x Masini & Chern pyjamas, from \$80. Visit artserieshotels.com.au.

GRAND DAME

It's taken six years, but the Hydro Majestic Hotel in the NSW Blue Mountains has finally reopened following a massive revamp. In its heyday, the hotel attracted the rich and famous with its opulent interiors and amazing views – and it's hoped that its luxe new look will do the same. Visit hydromajestic.com.au.

travel news

BUBBLES ON BOARD

Here's a fact:

about **194,000** bottles of champagne are consumed on Singapore Airlines flights each year.

It makes sense, then, that the airline is now serving Taittinger Prélude Grands Crus to its business class customers – the only airline to do so. Singapore Airlines has four flights daily from most capital cities. Visit singaporeair.com.

EDITOR'S PICK



HUMP DAYS

It's likely when you're dreaming of your next getaway, your chosen mode of transport might be a 747 – but probably not a camel! Located 400km from Adelaide, Camel Treks Australia offers a range of one- to five-day adventures (including the popular four-day Photography Trek, from \$2088 per person). Visit cameltreksaustralia.com.au.

EAST MEETS WEST

British imperialism and industrial New York aren't an obvious match, but Mott 32 restaurant in Hong Kong proves it's a good one. Named after the address in New York where the first Chinese store opened, this eatery celebrates modern Hong Kong – from the farm-to-table menu to the urban interior. Visit mott32.com.





FEBRUARY 19 – MARCH 20

You've come a long way, Pisces. Take time to reflect on past actions, acknowledge your amazing progress and realise that the best is yet **to come. What awaits you offers one of the greatest years of your life, when you find yourself surrounded by love, friendship and prosperity.** At work, the more you do, the more you get to do. There's also the notion of karma. Whatever way you look at it, over the next year Jupiter rewards you for your efforts. You'll be super busy, but that won't faze you. For some, an unexpected inheritance helps clear old debts. In the meantime, Venus steps up the social pace. What follows could be a lasting alliance. Travel, too.

ARIES

March 21 – April 20

You've played by the rules for so long, you may have forgotten to have fun. This is your time in the spotlight. Enjoy – you've earned it. To help you along, Mars and Venus (the planets of temptation, indulgence and romance) settle in your sign, encouraging you to do all the things you should have done long ago.

TAURUS

April 21 – May 20

While Taurus is known for being a homebody, this month you'll break out of your shell as Pluto muscles in on your ninth house of adventure. Book a holiday with best friends, or perhaps a romantic island hop with your partner. Also: keep your ears perked for a lucrative business opportunity.

GEMINI

May 21 – June 21

Who could blame you for giving up on love after the troubles of

recent years? But you can expect too much from partners, which in turn brings disappointment. Ask yourself: have you been too demanding or detached? At times we erect walls to protect ourselves, shutting others out. Demolish barriers and you'll have a better chance of finding your soul mate.

CANCER

June 22 – July 22

March triggers an extravagant mood. Cash arrives, bringing with it a new image and a happier social life. However, life may still throw the odd curve ball. Should you find yourself battling against an authority figure, stay in control. Bullies will always try to rob you of your rights. Ignore and avoid – it transfers the power back to you.

LEO

July 23 – August 22

It doesn't matter whether you focus on travel, moving house, career or love – expect some positive changes. Some say

you're impatient. Possibly, but only regarding the trivial. When it comes to serious matters, you have the strength of a lion. This is the resolve you've had to call on, and it's made you confident. You won't be disappointed.

VIRGO

August 23 – September 22

With March's full moon in your sign on the 6th, life could easily become a stress-fest. Your best antidote for full-moon burnout is to stay within your comfort zones. Avoid harsh work deadlines – and do what you love instead. Think long lunches, shopping and days at the spa.

LIBRA

September 23 – October 22

March is all about romance and partnerships. Feisty Mars has moved into your relationship sector and stays for six weeks. If you're single, this is the time to get out there and make the first move. You'll be attracting attention for sure. Couples are encouraged to reignite passions.

SCORPIO

October 23 – November 21

This month's cosmic activity rocks your world for the next few months. Most importantly, the solar eclipse revamps your romantic life. If you've been muddling through a tiresome tryst that no longer feeds mind, body or spirit, it's possibly time to make a clean break.

SAGITTARIUS

November 22 – December 21

Parental figures, older friends or siblings feature prominently in your chart – and it's high time. You haven't paid enough attention to the people who are capable of helping you most, but your future life and career may depend upon you making peace with the past. Listen to their points of view, with respect.

CAPRICORN

December 22 – January 19

Something distasteful is brewing and, unless you're really enjoying your gift for damage control, why not consider a holiday? Still, not everything brings cause for concern. Mars encourages you to let lovers (and wannabe lovers) know you care; and Jupiter lends even tired relationships a new lease of life.

AQUARIUS

January 20 – February 18

This month's full moon has plenty of sway, meaning you're likely to act without considering the consequences. If you start to voraciously spend money or fantasise about an off-limits new flame, blame lunar effects. Just don't become too moonstruck. This phase is fleeting. When it's passed, you may have burnt a bridge or two.



LIFE STORIES

MERYL STREEP

Hollywood's highest achiever

She's the actress adored by musical lovers, film buffs and the esteemed Academy alike (with a slew of Oscar nods to prove it). So, just how did a New Jersey native become the most celebrated actress of all time? By Michelle Davies



FAME & FAMILY

Clockwise from far left: Meryl Streep, here in 1967, was a popular cheerleader in high school; a studio portrait of the classically beautiful actress; Dustin Hoffman and Streep accept Oscars for 1979's *Kramer vs. Kramer*; Streep's daughters (from left) Mamie, Grace and Louisa in 2011.



HER GREAT LOVES



Left: "Our love was the sort you read about in poetry books," said Streep of her relationship with esteemed actor John Cazale. Below left: Streep has been married to sculptor Don Gummer for more than 35 years and they have four children.

It's February 1975 and the Yale School of Drama's production of the musical *Happy End* is thrown into chaos when its female lead is suddenly struck down with the flu. Panicking, director Michael Posnick plucks a masters student named Meryl Streep from the chorus line to fill in. "She wasn't [even] the understudy," he would later recall.

That evening, Streep, then aged 25, delivered a rousing performance after only an afternoon's rehearsal. "I remember standing at the back of the theatre in awe that she had absorbed the entire production, absorbed the part ... She had the whole thing down," said Posnick.

Two years later, on May 7, 1977, that same musical opened on Broadway to rave reviews – with Streep in the lead role. It was a defining moment in a career spanning five decades – a career that has earned her an unparalleled 18 Oscar and 29 Golden Globe nominations (at the time of writing). On these numbers alone, Meryl Streep could easily be considered to be the finest actress of all time.

The eldest child of pharmaceutical executive Harry Streep and his wife Mary, a commercial artist, Streep was born on June 22, 1949, and raised in New Jersey. She was christened Mary Louise, nicknamed Mary L, and, by the

time she reached high school, was known as Meryl.

Her best friend at Bernards High School, Susan Castrilli, says that Streep's star power was already evident, even back then. "She had a very strong presence – and not only onstage. Just walking down the hallways, she sort of glowed," recalls Castrilli. "She was tall, beautiful, elegant and smart, and also pretty confident – a quality lacking in most teenage girls, especially during the late '60s, when everything appeared to be changing and life often seemed confusing."

Streep was a cheerleader, was voted homecoming queen by her classmates, and also sang in the choir. The term "perfect" came up a lot, says Castrilli, who remains on friendly terms with Streep to this day.

"I wouldn't say she thought of herself as perfect, but she did have that air of confidence in her abilities that made it easy for her to laugh at herself. At the same time, she was very down to earth about who she was, who she surrounded herself with and what her life goals were."

That goal was to act. After graduating from Yale in 1976, Streep moved to New York and began winning theatre roles. While appearing in *Measure For Measure*

she met and fell in love with John Cazale, an acclaimed actor 13 years her senior who had appeared in iconic movies like *The Godfather* and *Dog Day Afternoon*. They became engaged, but their relationship was swiftly dealt a devastating blow. In early 1977, Cazale was diagnosed with terminal bone cancer and given less than a year to live.

Despite being seriously ill, he was cast in *The Deer Hunter* with Robert De Niro, and Streep accepted a supporting role so she could stay by his side during filming. "I've hardly ever seen a person so devoted to someone who [was] falling away like John was," Cazale's close friend Al Pacino would later say. "To see her in that act of love for this man was overwhelming."



STRIKING GOLD

Clockwise from left: the actress cuddles up with Oscar at the 2012 Academy Awards; as former UK Prime Minister Margaret Thatcher in *The Iron Lady*; Streep delighted as acerbic editor Miranda Priestly in *The Devil Wears Prada*; and proved she could still pull off a musical in *Mamma Mia!*



Streep's career continued to flourish. She starred opposite Dustin Hoffman in the 1979 divorce drama *Kramer vs. Kramer*, then followed it up with the harrowing *Sophie's Choice*, in which she played a Polish woman in a concentration camp who is forced to decide

which of her children will live. She was awarded Oscars for both roles.

As her career grew, so too did Streep's reputation for immersing herself in roles (for *Sophie's Choice* she mastered both Polish and German). "Meryl deals not just with the surface but with the most profound levels of the characters she portrays. She invests them all with a moral sensibility, with a soul," said Robert Benton, who directed her in *Kramer vs. Kramer*.

Catherine Bray, of the London Film Critics' Circle, believes it's because audiences know little about Streep's personal life that her performances are so convincing. "There isn't this sense

of her media persona hanging over the roles she's playing, and that helps her disappear into the part," she comments.

But, ironically, within the industry Streep was also accused of taking herself too seriously (Hoffman described her as "obsessed"). In the late '80s, she heeded pleas to show a lighter side on camera. But repositioning Streep as a comedy

Making *The Deer Hunter* was a bittersweet experience. Streep's performance as Linda, the girlfriend of Christopher Walken's character, garnered her first Oscar nomination, but Cazale died on March 12, 1978, four weeks before the ceremony. He was 42.

Streep was devastated. In an interview for the 2009 documentary *I Knew It Was You: Rediscovering John Cazale*, she told director Richard Shepard: "He wasn't like anybody else, he wasn't like anybody I had ever met, it was the specificity of him and his humanity and his curiosity about people, his compassion."

Soon after Cazale's death, Streep moved out of the New York apartment they shared ("I'd walk from room to room in our apartment expecting to find John ... I had nowhere to go but I knew I couldn't stay there," she said of that time). Her brother came to the rescue. A friend of his – Don Gummer – was on a three-month European holiday, so he arranged for Streep to stay in his vacant loft. When Gummer returned, he insisted Streep stay on and they instantly grew close.

Gummer later recalled: "Meryl was shattered by John Cazale's death and I did what I could to help [but] pretty quickly I realised I was falling in love with her." Meanwhile, Streep told sceptics, "I haven't got over John's death. Our love was the sort you read about in poetry books. But I've got to go on

living and Don has showed me how to do that." That September, only six months after Cazale's death, Gummer and Streep married.

It is perhaps out of respect for Gummer, today a renowned sculptor, that Streep rarely talks about their less-than-conventional courtship. Director Shepard possibly summed it up best when he said: "[Cazale and Streep] had this brief romantic love – like out of a movie – and he passes away, and then she has this 30-year relationship with her husband. So it's a little strange for her to talk about it."

Regardless, Streep and Gummer's marriage is now in its 37th year (an anomaly by Hollywood standards) and they have four children together. She believes its success lies in good communication. "We agree on big things, like the kids, sex and money, which I'm told is what most couples fight about," she has said. "I always find that you scrap over the little things – like whose turn it is to have the car serviced."

"She had that air of confidence that made it easy for her to laugh at herself"

Susan Castrilli, school friend

star backfired – both *She-Devil* (1989) and *Death Becomes Her* (1992) were panned. Eventually Streep returned to “serious” films, including *The Bridges Of Madison County* and *The Hours*.

Then, in 2006, came the role that finally convinced audiences Streep could do funny, as fashion magazine editor Miranda Priestly in *The Devil Wears Prada*. Her cleverly nuanced delivery – “That’s all” – resulted in another Oscar nomination (her 14th). And yet critics were split over whether she got the nod for her performance or just because she was Meryl Streep.

Bray is among those who are adamant that it was the former: “Hat’s off to the Academy for recognising the skill that goes into a comic performance instead of sticking to the tear-jerkers,” she says. “But yes, there are performances where you wonder whether someone else would have gotten a nomination for the same role.”

In 2007, Streep surprised critics yet again, this time for accepting a part no-one imagined she would go for: as single mum Donna in the film *Mamma Mia!* No-one except the musical’s director Phyllida Lloyd, producer Judy Craymer and writer Catherine Johnson imagined she’d take the role – because back in 2001, they received a letter from Streep praising the stage show after she’d taken her youngest daughter, Louisa, to celebrate her birthday with friends.

“I thought it would be fun for them,” said Streep. “Of course, I was up in the aisle, dancing, screaming and yelling. It was an infusion of joy.” When the trio

reminded her of the letter, she accepted their offer to play Donna without hesitation. *Mamma Mia!* is now one of the most successful musical films of all time.

In 2012 she won her third Oscar for her much-acclaimed, searing portrayal of an ageing Margaret Thatcher in *The Iron Lady*. It was a remarkable performance that captured every nuance and mannerism of the former British Prime Minister. However, Streep only had one week to prepare for her role; her husband had undergone a series of operations in the run-up to filming, and Streep had insisted on remaining by his side until the very last minute.

“I remember landing in London in January and having to hole up in a little room by the electric fire for one solid week, 24 hours a day, immersing myself and getting a feel for what her life must have been,” she said. “That intense preparation, knowing she had to be 10 times faster, more prepared, ahead of everyone. I was ready by the time we started.”

While Streep’s work ethic is as solid as ever, she is more open in interviews these days. She has revealed she likes to cook (particularly pasta), her preferred choice of exercise is swimming (55 laps to be precise), and her life right now is “pretty good, except for the knees”. When a journalist recently asked what she’s most looking forward to, she swiftly

replied: “Grandchildren. Yes, I’m waiting. Nothing’s happening.”

She has been vocal on Hollywood’s attitude to ageing, defending Russell Crowe’s comments earlier this year that there are roles for older women if they’re willing to accept their age. Her awareness of the obsession with actresses’ appearance has also grown now that her

daughters Mamie, 31, and Grace, 28, have followed into the profession (her son Henry, 35, is a musician, while Louisa, 23, is a model). Mamie co-stars with Jennifer Aniston in the critically

acclaimed drama *Cake*, while Grace appears with her mum in the upcoming Western drama *The Homesman*.

“The pressure on [Mamie] to remain really, really thin, to be glamorous, is intense ... It doesn’t really enhance your ability to do the job,” Streep has previously said. “To be at openings and wearing couture, and having people throw borrowed clothing at her like she is a mannequin – just to sell other people’s crap – it is too bad.”

And if anyone knows about that, it’s Streep. By staying out of the limelight, she has had the career all actresses would kill for. However she does not take her success for granted, particularly when it comes to getting those Oscar nominations. “It still matters,” she admits, “because it’s so exciting.” □

“The pressure to remain really, really thin, to be glamorous, is intense ... It doesn’t really enhance your ability to do the job”

Streep, on the downside of Hollywood

THE ONES THAT GOT AWAY

Despite her talent and success, Meryl Streep hasn’t landed every part she wanted. Here’s what she missed out on ...



Louise Sawyer in *Thelma & Louise* Streep was a frontrunner for this role but after discovering she was pregnant, Susan Sarandon was cast instead.



Ellen Ripley in *Alien* It’s hard to imagine Streep with a shaved head, but in 1978 she was suggested for the role that made Sigourney Weaver a star.



Michelle in *American Gigolo* Streep reportedly turned down the role because she was unsure of the tone of the film. It later went to Lauren Hutton.



Miss Kenton in *The Remains of the Day* Streep lost out to Emma Thompson after director Mike Nichols rejected her screen test with Jeremy Irons.



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